

Parks, Recreation & Tourism ... The Benefits are Endless!
 Danville City Government ... "A World Class Organization"

Danville Parks, Recreation & Tourism
 P.O. Box 3300
 Danville, VA 24543

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STAFF INFORMATION



Main Office

P.O. Box 3300 Danville, VA 24543
(125 Floyd Street)
Phone: 799.5200 • Fax: 799.6562
Email: parksrec@ci.danville.va.us

For more information on Parks, Recreation & Tourism or other City of Danville services go to the City's Website at www.danville-va.gov

Director: Bill Sgrinia
Assistant Director: Tish Lindsey
Account & Project Manager: Gina Craig
Senior Secretary: Patty Francis
Office Assistant: Vicki Trent

Community Recreation Division

City Armory Recreation Center

125 Floyd Street, Danville • 797.8848
pricebe@ci.danville.va.us
Adult & Pre-School Programs: Bryan Price

Squire Armory Recreation Center

3194 North Main Street • 799.5214
squirerec@ci.danville.va.us
Teen Programs: Lucille Hairston

Glenwood Recreation Center

1550 Halifax Road • 799.6469
glenwoodrec@ci.danville.va.us
Children's Programs South Danville:
Lisa Ferguson

Coates Community Center

1725 Westover Drive • 799.6564
coatesrec@ci.danville.va.us
Children's Programs North Danville:
Jacob McCann

Pepsi Building

661 Craghead Street • 797.8848
For Reservation & Rentals: Bryan Price

Outdoor Recreation Division

Ballou Nature Center

Ballou Park, 760 West Main Street, Danville
Phone: 799.5215 • Fax: 797.8996
Email: crossk@ci.danville.va.us
Outdoor Division Director: Karen Cross
Assistant Outdoor Coordinator:
Joel McCormick

Park Maintenance Division

Main Office

125 Floyd Street, Danville
Phone: 799.5200 • Fax: 799.6562
Maintenance Division Director:
Jim Henderson
Park Crew Supervisors:
Mark Carter, Richard Gieselman, Joe Pannell

Special Recreation Division

Special Recreation Division Director:

Gail Davis, CPRP, CTRS

Ballou Recreation Center

760 West Main Street, Danville
Office Phone: 799.5216
Transportation Phone: 797.8994
Fax: 797.8902
Email: seniors@ci.danville.va.us
Senior Citizen Program Director:
Charles Oliver, CPRP
Senior Citizen Grant Director:
Cindy Jones

Stonewall Therapeutic Recreation Center

119 Bradley Road, Danville
Phone: 799.5199 or 799.5218
Therapeutic Program Director:
Karen Riddle, CTRS
Special Population Assistant:
Charlene Presley

Sports and Athletic Division

Main Office • 125 Floyd Street
Phone: 799.5150 • Fax: 799.6562

Sports & Athletic Division Director:

Jimmy Floyd

Tourism Division

Tourism Division Director:

Rosalee Maxwell, CPRP, TMP

Web Address: www.visitdanville.com

Danville Welcome Center

645 River Park Drive, Danville
Phone: 434.793.INFO (4636)
Fax: 434.797.8962
info@visitdanville.com

The Crossing at the Dan

629 Craghead Street, Danville
Crossing Program Director:
Dennis Forslund

Community Market

Carrington Pavilion

Phone: 797.8961 • Fax: 797.8962
comarket@gamewood.net

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PROGRAM REGISTRATION INFORMATION

Registration

- Registration will be accepted on-site at any Parks, Recreation & Tourism program facility. To register by phone, please call the number indicated for the activity in which you are interested.
- Pre-registration is required for all classes, workshops and activities even when no fee is charged. Accurate enrollment figures allow for appropriate set-up and sufficient supplies.
- Registration by city residents is accepted on a "first come, first served" basis. Registration by non-city residents will be accepted only after one week of city resident priority enrollment.

- Some programs/trips may require a deposit of 50% of the program/trip fee(s) at the time of registration.

Payment

- Payment for a program is required prior to the first class meeting or by the earlier deadline indicated. This may be mailed, paid in person or completed by phone with the use of a MasterCard or Visa. (Some programs/trips may require a deposit of 50% of the fee(s) at the time of registration.)
- Payment made within ten working days of the program or rental will only be accepted in cash, money order or by credit card. Attendance at a class is not allowed until payment is received. There is no reduction in the program fee due to high registration.

- The city charges a \$50.00 Service Fee for each bad check.

Cancellation

- Danville Parks, Recreation & Tourism may find it necessary to cancel programs when insufficient registration is received.
- In the event a program must be postponed due to inclement weather or the instructor's absence, a makeup session will be arranged. Makeup sessions for individuals who miss a program are not possible.

Refunds

- Refunds on recreation programs are not available if the program has met at least one time.
- If a participant plans not to take a program after paying the registration fee, appropriate staff must be notified at least five (5) days prior to the start of the program. (Trip costs may not be refunded in full – see staff for explanation of options.)
- Processing of refunds takes approximately three (3) weeks.

Facility Rentals

The following buildings and outdoor facilities are available to rent for large and small gatherings. For an extra fee we'll even do the cleanup! Call the site that interests you for more information or a tour of the facility.

- **Ballfields/Tennis Courts** – 434.799.5150
- **Ballou Nature Center**
Ballou Park – 760 W. Main St. – 434.799.5215
- **Ballou Recreation Center (Seniors)**
Ballou Park – 760 W. Main St. – 434.799.5216
- **Carrington Pavilion**
Crossing At The Dan – 434.797.8961
- **City Armory Recreation Center**
125 Floyd Street – 434.797.8848
- **City Auditorium**
125 Floyd Street – 434.797.8848
- **Coates Recreation Center**
1725 Westover Dr – 434.799.6564
- **Community Market**
629 Craghead Street – 434.797.8961
- **Glenwood Community Center**
1550 Halifax Rd. – 434.799.6469
- **Pepsi Building**
661 Craghead Street – 434.797.8848
- **Shelters, Picnic Sites & Parks**
Outdoor Recreation – 434.799.5215
- **Skate Park**
River Park Drive – 434.799.5215
- **Squire Recreation Center**
3194 North Main Street – 434.799.5214
- **Stonewall Recreation Center**
119 Bradley Road – 434.799.5199

The Benefits Corner

BENEFITS OF
COMMUNITY RECREATION PROGRAMS

By: Jacob McCann, Program Director, Coates Recreation Center

The Community Recreation Division of Danville Parks, Recreation & Tourism is responsible for offering the citizens of Danville a wide variety of opportunities, programs & experiences for leisure. The Division programs to all age groups to include pre-schoolers, children (6-12), teens, and adults. Community Recreation programs are offered throughout the community at the community recreation centers, schools, parks, and other community facilities. Community Recreation programs range from one-time experiences to activities that can last one's lifetime. The Division concentrates on programs that provide fun, hobbies, skill development, healthy lifestyles, self improvement, new trends, and some programs just to "play." An anonymous saying goes, "You do not quit playing because you grow old, you grow old because you quit playing."

"Play" often changes for people as they go through life. Play is defined as "an activity engaged in for enjoyment or recreation." It starts as anything that keeps you occupied for a few minutes as a young child, and can develop into art, sports, music, travel, photography, dance, drama, just relaxing, and all things between. Of course the Community Recreation Division offers all of these things and much more. That is the beauty of the Community Recreation Division; we are not limited to offering one type of program or event. Anything (within reason) that someone is interested in can be accomplished through a little planning. This means we can offer opportunities for everyone to "play".

Play is very important for children, youth and teens because they all need to have fun. They need to have the chance to get away from

all of the pressures of growing up. Children, youth and teens are all faced with challenges; from SOLs to peer pressure. They need time to unwind, time to get away, time to "play." The Community Recreation Division provides opportunities for all of that through exciting programs and events. It also provides a place that parents know they can send their children and they are going to be safe, and they might even learn a thing or two.

Some of the opportunities offered by the Community Recreation Division also give the children a chance to experience things they otherwise might not be able to experience. They can learn and develop talents and skills that they may not have realized they were capable of. We could have the next Beethoven, or the next Picasso, or the next Michael Jordan right here in Danville. These talents might not ever surface and could go wasted if it wasn't for some of the opportunities presented by Community Recreation.

Growth is very important to people of all ages especially the young, they are constantly learning things and growing into the adult they will eventually become. Hopefully, the programs, events and activities they participate in will help them grow towards becoming leaders and hard working people of communities across the world. By touching lives of the children in Danville and surrounding areas we are potentially touching the future lives of people everywhere in the world. Who knows what type of difference in the world these children could potentially make in the future?? Community Recreation programs help these talents and abilities to develop and flourish.

Parks, Recreation & Tourism The Benefits Are Endless.....

PRESCHOOL PROGRAMS

AGES 3-5 • Unless otherwise stated, to register and for information, call 434.797.8848.

Day Care Open Gym

Various times and dates available at each of our centers for your children to play with the scooters, balls, jump ropes, hula hoops, etc. Also, we can have small crafts for any reason and season available for a small fee per child. Call to reserve your time.

Westover Wittle Ones

Tuesdays and Wednesdays, 9:30 a.m.–12 p.m. Let us introduce your pre-school child to colors, letters, numbers and shapes. Social interaction is developed in preparation for school. This program will be held at the Coates Recreation Center. Dates and Cost:

- Sept. 5-27 (8 classes)
City resident: \$40, Non-city : \$52.50
- Oct. 3-31 (9 classes)
City resident: \$45, Non-city; \$57.50
- Nov. 1-29 (8 classes) No class 11/7
City resident: \$40, Non-city \$52.50
- Dec.5-20 (6 classes)
City resident: \$30, Non-city t: \$42.50

Wacky Wednesdays

From 12:30–2:30 p.m., beginning September 6th, bring your pre-schooler to Coates Recreation Center and spend the afternoon making crafts, playing games and having fun. Cost per fun day is \$4.00 for city residents; \$6.00 for non-city residents. Register for each fun day in advance.

Koates Kids

Thursdays and Fridays, 9:30 a.m.–12 noon. On these days, staff will introduce the preschool children to the world of Arts (including crafts, drama and music), along with games and storytime. Social interaction is developed in preparation for school. Koates Kids to be held at Coates Recreation Center. Dates and Cost:

- Sept. 7-29 (8 classes)
City resident: \$40, Non-city: \$52.50
- Oct. 5-27 (8 classes)
City resident: \$40, Non-city; \$52.50
- Nov. 2-17 (6 classes)
City resident: \$30, Non-city: \$42.50
- Nov. 30-Dec.15 (6 classes)
City resident: \$30, Non-city: \$42.50

Pajama Party

On Thursday, Sept. 7, from 6:30–7:45 p.m., dress your youngster in their favorite bedtime clothes for an evening of fun, games, crafts and playtime before you put them to bed. Cost for this program is \$5.00 city residents, \$7.50 non-city residents.

Fun Fridays

From 12:30–2:30 p.m., beginning September 8, bring your pre-schooler to Coates Recreation Center and spend the afternoon making crafts, playing games and having fun. Cost per fun day is \$4.00 for city residents; \$6.00 for non-city residents. Register for each fun day in advance.

Tumblin' Tots

Tumbling, stretching, flexibility and other basic movement skills for tots. Class is designed for two and three year old children, but siblings up to five years old are welcome. Parent participation is requested. Classes are held at the Coates Recreation Center on Saturdays from 9:30–10:15 a.m. Cost - City resident: \$10.00, Non-city: \$15.00 for 4 classes.

Session 1: Sept 16, 23, 30, Oct. 14

Session 2: Oct. 21, 28, Nov. 4, 11

**Sporties For Shorties**

Learn basic skills of your favorite sports. Children must be age three to participate. Parent participation is requested. Classes will be held at the Coates Recreation Center on Saturdays from 10:30–11:15 a.m. Cost - City resident: \$10.00, Non-city resident: \$15.00 for 4 classes.

- Just 4 Kicks Soccer in fun environment.
Sept 16, 23, 30, & Oct. 14
- Itty Bitty Basketball Basketball fundamentals.
Oct. 21, 28, Nov. 4, & 11

Pre-School Cheerleading

Pre-schoolers will learn basic cheers and movements. Children must be age three to participate. Parent participation is requested. Classes are held at the Coates Recreation Center, Saturdays from 11:30 a.m.–12:15 p.m. Cost of this program is \$10 per session for city residents and \$10 for non-city residents for 4 classes. Session 1: Sept 16, 23, 30, & Oct. 14
Session 2: Oct. 21, 28, Nov. 4, & 11

Pre-School Ballet

On Saturday mornings, beginning Sept. 9, from 11:30 a.m.–12:45 p.m., bring your preschooler to the City Armory Recreation Center and sign up your child for this exciting class. Jamie Millner will introduce your youngster to the world of ballet. The students will prepare to perform at a recital. Cost for the 8-week program is \$24.00 city residents, \$36.00 non-city residents

After School Programs at Grove Park PreSchool

Danville Parks, Recreation & Tourism staff will offer after school programs at Grove Park Pre-School on Monday afternoons, from 3-5 p.m. Fliers will be distributed to the students. We will offer classes such as sports activities, art and craft classes, drama, music and other fun activities. Be sure to watch for announcements of these activities to be sent home with your child. Children must pre-register to be allowed to stay after school. Call for a complete list of programs.

Daddy & Me

On Thursday, September 14, from 6:30–7:45 p.m., it's an evening out for Dad and the little ones. Come to the Coates Recreation Center for an evening of fun, games, crafts and playtime especially designed for Dad and child. A great opportunity to meet other Dads in the area. Cost for this program is \$5.00 city residents, \$7.50 non-residents.

Mommy & Me Gift Wrapping Class

On Thursday, December 7, from 6:30–7:45 p.m., it's an evening out for Mom and the little ones to wrap those special gifts for the family. Come to the Coates Recreation Center for an evening of gift-wrapping, playtime and refreshments. You bring the gifts and the paper, and our staff will provide, tape, ribbons, bows and ideas to help you and your little ones wrap your Holiday Gifts. Cost for this program is \$2.00 (18 and over), \$1.00 (17 and under) for city residents, \$3.00 (18 and over), \$1.50 (17 and under) for non-residents.

Dear Santa Letters

Children will receive a personalized letter from Santa. Forms will be distributed to local area schools and pre-schools by Friday, December 1. Letters will be mailed the week of December 18. Cost is \$3.00 per letter. Call Glenwood Community Center for more information, 799.6469.

Lunch With Santa

On Saturday, Dec. 9, from 10 a.m.–12 p.m., at the Coates Recreation Center, come have lunch with Ole Saint Nick. Ages 3-8. Limited to first 75 children who sign up AND pay. Fee is \$5.00. Includes lunch, crafts, games and prizes. For info or to register, call 797.8848 or 799.6564.

Daddy & Me Gift Wrapping Class

On Tuesday, December 12, from 6:30–7:45 p.m., it's an evening out for Dad and the little ones to wrap those special gifts for the family. Come to the Coates Recreation Center for an evening of gift-wrapping, playtime and refreshments. You bring the gifts and the paper, and our staff will provide, tape, ribbons, bows and ideas to help you and your little ones wrap your Holiday Gifts. Cost for this program is \$2.00 (18 and over), \$1.00 (17 and under) for city residents, \$3.00 (18 and over), \$1.50 (17 and under) for non-residents.

Santa Calling

Register your child to receive a call from Santa all the way from his workshop at the North Pole. Santa will be making calls to children ages 3-8 years old on Tuesday, December 19, between the hours of 5:30-8:30 p.m. As an extra-added feature this year provided by One Step Cellular, we will be able to make long distance calls. So if you have a grandchild or niece or nephew that does not live in our calling area, let Santa give them a call. Watch for more details to be sent home with your child from local schools and pre-schools. Deadline to register is Monday, Dec. 18 by 12 noon. For more details, call 799.5200.

CHILDREN'S PROGRAMS

AGES 5-12

Sports & Fitness for Youth

"Hip Hop America" Dance

Hip Hop/ Modern Dance, Thursday evenings beginning September 21. "Hip Hop America" is a fun and exciting dance program for children ages 4-14. It promotes coordination, confidence, artistic expression, and physical fitness.

Development of rhythmical awareness and dance education is provided for all levels from beginners through advanced. Each class will perform a choreographed "Hip Hop America" routine for parents and friends on awards night. Registration fee is \$6.00 and class fee is \$6.00 per week. Registration for classes will be held on Thursday, September 14. (Classes will not be held on Nov. 23, Dec. 21, and Dec. 28.)

• 4-7 year olds will be from 6:00-6:45 p.m.

• 8 and older will be held from 6:45-7:30 p.m.

For more information, call Glenwood Community Center, 799.6469.

Youth Cheerleading

Tuesday evenings beginning September 19.

Young Olympian/ Cheer America will be offering cheerleading classes at Glenwood Community Center. This program promotes coordination, confidence, and physical fitness to children ages 4-14. Registration fee is \$6.00 and class fee is \$6.00 per week.

Registration for classes will be held on Tuesday, September 12. Class will not be held on Nov. 7, Dec. 26, or Jan. 2.

• 4-7 year olds will be from 6:00-6:45 p.m.

• 8 and older will be held from 6:45-7:30 p.m.

For more information call Glenwood Community Center, 799.6469.

Power Katz Karate Class

Saturday mornings beginning September 16, 10:00 a.m.-10:55 a.m. Cost is \$6.00 per week. This is a fun course for children to learn self-defense as well as safety concerns. No bullying tactics will be taught. No physical contact is allowed for the first 4 months of class. Class is an on-going program, students can continue through achieving a black belt.

To register, call Glenwood Community Center, 799.6469.

Fall Youth Cheerleading

Ages 7-13. Participants will cheer at the Youth Optimist Football Games. Teams will be divided into Northside and Southside Teams. Registration will be held the week of September 11- 15 from 9 a.m.-5:30 p.m. at Coates Recreation Center and Glenwood Community Center. Please bring Birth Certificate when registering to confirm age. No fee.

• Northside Contact: Jacob McCann, 799.6564 (Coates Recreation Center)

• Southside Contact: Lisa Ferguson, 799.6469 (Glenwood Community Center)

Youth Cheerleading**Volunteer Coaches Needed**

Volunteer Coaches are needed for the Youth Cheerleading Program. Applications may be picked up at Glenwood Community Center or Coates Recreation Center. All applicants may be subject to a criminal background investigation.

Open Recreation for Youth

No cost city residents. \$2/day for non-city

• Coates Recreation Center

Monday - Friday - 2:30-4:30 p.m.

For details call 799.6564.

"New" Climbing Walls

Climbing Walls have been added to the facilities at Coates and Glenwood Recreation Centers. Watch for more details and classes featuring these climbing walls. Climbing Walls will be available for group rentals for up to 20 people. This is a great outing for church groups, youth groups and families. Climbing Walls can also be reserved for Birthday Parties and Open Recreation times will be available. Trained staff are available for all scheduled climbing wall rentals, programs and uses. For more information, details and fees contact Coates at 799.6564, Glenwood at 799.6469 or Outdoor Recreation at 799.5215.

School Breaks and Holiday Camps

Teacher Workday = Children's Play Day

Parents bring your children to one of the Recreation Centers on teacher workdays for an exciting fun-filled day of crafts, sports, and games. Cost is \$10.00 a day for city residents and \$15.00 a day for non-city residents. Call and register for these days early to insure your spot. Early drop off and late pick up are available for an additional fee. Registration Deadline Wednesday, October 4.

October 9 - 8:30 a.m.-4:30 p.m. Play Day Sites:

• City Armory Recreation Center - 797.8848

• Coates Recreation Center - 799.6564

• Glenwood Community Center - 799.6469

• Stonewall Youth Center - 799.5199

Intersession Camps

Danville Parks, Recreation and Tourism will be offering a spectacular Intersession After School Camp. This is a great opportunity for children to attend intersession and have a fun, exciting, and safe activity after school. Camp will meet each day of intersession from 1:30-5:30 p.m. Late pick up is available until 6:00p.m. with an additional fee. All children must be pre-registered and pre-paid. Cost \$25.00 per session for city residents and \$37.50 for non-city residents. Registration deadline October 11. Make plans now for your child.

Session I: October 16 - 20

Session II: October 23 - 27

Intersession Camp Sites:

• Glenwood Community Center - Call 799.6469

• Woodrow Wilson School - Call 799.6564

• Taylor School - Call 799.6564

• Schoolfield Academy (12:30-4:30 p.m.) - Call 799.6469

Fall Break Camp

Come join in the fun during Fall Break, October 30-November 3, 8:30 a.m.-4:30 p.m. Many fun activities will be planned during the break. Please remember to provide a lunch and 2 snacks for your child each day. Cost is \$10.00 per day per child for city residents, and \$15.00 per day per child for non-city residents. Early drop off and late pick up are available for an additional fee. **To register call Glenwood Community Center, 799.6469 or Coates Recreation Center, 799.6564.** Registration and payment deadline is Monday, October 23.

Turkey Day Camp

Spend a fun day with us after all the holiday turkey is eaten. We will have many great activities for you to participate in. Join us at Coates Recreation Center on Friday, November 24, 8:30 a.m.-4:30 p.m. Cost is \$10.00 for city residents and \$15.00 for non-city. Early drop off and late pick up are available for a small additional fee. **Please call Coates at 799.6564** for more information or to enroll your child.

Holiday Break Camp

Come join in the fun at Coates During Christmas Break. Many fun activities are planned for campers during this week long camp. Please remember that you will need to provide a lunch and 2 snacks for your child each day. Cost: \$10.00 per day per child for city residents and \$15.00 per day per child for non-city residents. Early drop off and late pick up are available for an additional fee. Camp will be held on the following days Tuesday, December 26 - Friday, December 29, 8:30 a.m.-4:30 p.m. Registration Deadline is Monday, December 18. Camp Site Locations:

• City Armory Recreation Center - 797.8848

• Coates Recreation Center - 799.6564

• Glenwood Community Center - 799.6469

• Stonewall Youth Center - 799.5199

Attention Parents

Parents do you have a program idea that you think would benefit your children and others as well? Is there something that you have seen other places that you wished were offered in Danville? Well don't keep it to yourself, give us a call. If you have a good idea we will work out all the details and get the program rolling. Call **Coates (799.6564) or Glenwood (799.6469).**

CHILDREN'S PROGRAMS CONTINUED

AGES 5-12

Special Activities & Events for Children

Pirates of Coates Recreation Center

Coates Recreation Center Pirates will be searching for buried treasure on Saturday, October 7, from 10 a.m.–12 p.m. Young Pirates will have to follow clues and complete challenges in order to find and claim the buried treasure. Watch out for the alligators and make sure you complete the projects fast or you may have to walk the plank!!! A lunch suitable for pirates will be served to each child. Cost for this event will be \$5/child. Call 799.6564 for more information or to register.

Youth Dances

Dances are for children in grades K-5. Supervision is provided by Danville Parks, Recreation and Tourism. Cost is \$3.00 per person. Pizza will be available for \$1.00 per slice, drinks will be 50 cents each. Dances will be held from 7–9 p.m.

- Friday, September 29
- Friday, November 10
- Friday, December 15

Dances are held at Glenwood Recreation Center. For more information call 799.6469.

Things You Always Wanted to do but your Mother said you Couldn't!!!

Kids between the ages of 6 and 12 come to Coates Recreation Center to do some of the things you have always wanted to do but your mother just would not allow. Things such as sliding in the mud, having a food fight, throwing eggs, and playing with your food!!!! Make sure you wear old clothes and are ready to get messy. Saturday, September 16 from 1–3 p.m. Cost for this event will be \$6/child. Call 799.6564 for more information or to register.



Halloween Carnival

Come enjoy a safe Halloween with lots of fun and treats. Event includes: Costume Contest, Carnival Games, Dance Contest and lots of prizes. Held on Thursday, October 26, 6–8 p.m. at Squire Recreation Center. For ages 3-10. Come dressed in costume. Admission is \$2.00 city residents, \$3.00 non-city residents.

Mom's Day Out

Christmas is near and the shopping is not done! Mom, bring your children to Coates Recreation Center Saturday, December 16, 9 a.m.–3 p.m., for "Mom's Day Out." Many activities are being planned to keep the young ones busy while you shop. Cost is only \$10.00 city residents and \$12.50 non-city. Call Coates Recreation Center 799.6564.

Dear Santa Letters

Children will receive a personalized letter from Santa. Forms will be distributed to local area schools and pre-schools by Friday, December 1. Letters will be mailed the week of December 18. Cost is \$3.00 per letter. Call Glenwood Community Center for more information, 799.6469.

Theme Birthday Parties

Now booking birthday parties for September - December. 2-hour parties include games, activities, prizes, goody bags, balloons, cake, drink, supervision & cleanup. Cost is \$90.00 for city residents/ \$102.50 for non-city residents, for 20 guest and \$4.50 for each additional guest. To reserve a date, call a location listed below:

- Coates Recreation Center – For ages 3-12 years. Call 799.6564
- Glenwood Recreation Center – Theme parties for ages 4-8 years. Call 799.6469
- Sport Theme Parties – For ages 8-13 years. Call Glenwood at 799.6469
- Squire Recreation Center - Theme party conducted by Leaders in Training – For Ages 6-12. Call – 799.521
- "NEW" Climbing Wall Parties – For ages 7 years & up only. (Fees are \$125.00 for a limit of 20 participants). Parties held at Coates (799.6564) or Glenwood (799.6469) Recreation Centers

Special Interest & Hobbies

Saturday Youth Cooking Class

Children ages 6 – 12, will learn the importance of cleanliness when working with food as well as the proper use of age appropriate tools in the kitchen. "Chef Petty" will introduce easy fun meals children can make on their own. This is a "hands on" class in which the participants will eat their own creations. Children may be asked to bring a sandwich and a drink to coincide with the day's menu. Class will be held Saturdays 10:00 a.m.–12:00 p.m. Cost is \$6.00 per class (supplies included). **For details call 799.6564.**

- September 30 - Pizza with Pizzazz
- October 14 - Stupendous Spaghetti
- October 28 - Spooky Snacks
- November 4 - Tantalizing Tacos
- November 18 - Sweet Holiday Candies

After School Programs

After School Enrichment Programs

Parks, Recreation & Tourism staff will be conducting programs at the schools listed below during the 06-07 School Year. Fliers will be distributed to the students at their prospective schools. We will be offering classes such as silly science, sport activities, art and craft classes, drama, music, and many other fun activities. Be sure to watch for announcements of these activities to be sent home with your child. Children must pre-register to be allowed to stay after school. Programs will begin right after school on scheduled days. See below:

Contact Glenwood Recreation Center about programs at these schools 799.6469

- Glenwood - begins Tues. Aug. 15
- Schoolfield – begins Sept. 13
- Townes Lea – begins Sept. 14

Contact Coates Recreation Center about programs at these schools 799.6564

- Woodrow Wilson- begins Tues. September 12
- Taylor – begins Tues. September 12
- GLH Johnson – begins Wed. September 13
- Woodberry - begins Wed. September 13
- Park Ave. – begins Thurs. September 14

Stonewall Youth Center

Stonewall Youth Center is open daily after school (Monday – Friday) from 3–5:30 p.m. for drop in with activities, homework assistance and events for school age children 5 –12 years of age. (Special Camps and activities will be planned for school breaks and holidays) For a schedule of activities and events contact Stonewall Youth Center after 3:00 p.m. at **799.5199.**

After School Adventures

Parents do you need a safe and fun place for your children to go after school? Somewhere that they can get help with their homework and have a good time too? Well Coates Recreation Center is offering that opportunity. Coates is going to be offering after school programs until 5:30 p.m. for children ages 6-12, and will be held 5 days a week. Children will work on their homework and also do crafts, games, sports etc. The cost for this program will be \$5/child per day and will include a snack and drink.

Children from Park Ave can ride the bus right to Coates Recreation Center and transportation may be provided from Woodrow, Woodberry, Johnson, and Taylor depending on enrollment.

Please call Coates at 799.6564 for more information or to enroll your child.

TEEN PROGRAMS

MIDDLE & HIGH SCHOOL AGE • Unless otherwise stated all programs will meet at the Squire Recreation Center • 799.5214

Teen Special Events & Tournaments

Teen Birthday Parties

Fee includes two hours of facility use at Squire Armory, set up, clean up, supervision, and birthday cake. Additional hours are available at rental rate. Sixteen weeks beginning September 2, ages 11-17. Cost is \$90.00 for city residents and \$102.50 for non-city residents. Fee includes 20 guest, each additional guest \$4.50. Call to make reservations.

National Video Games Day

Participants may bring their won PS2 games or play in house games. Tuesday, September 12, 3-8 p.m., ages 11-17. No cost city residents, \$2.00 non-city residents.

Music, Dance, Arts & Crafts

Basic Keyboard for Teens

Learn basic keyboard techniques and how to play an electronic keyboard. Held on Monday for 7- weeks beginning Monday, September 18, 5-6 p.m., ages 11-17. Cost is \$14 city residents, \$21.00 non-city residents.

Teen African Dance Class

Saturdays, Oct. 7-Nov. 25, 11 a.m. – 12 p.m. Youth ages 13-18 come to Stonewall Youth Center and learn African dances. Wear comfortable clothing. Instructed by Patricia Frazier. No cost city residents; \$2.50/session non-city residents. For more information, call Stonewall at 799.5199.

Gingerbread House Workshop

Nothing makes a more impressive centerpiece during the holidays than a homemade gingerbread house. Fee includes all supplies/gingerbread kit. Monday, December 11, 4-6 p.m., ages 11-14. Cost is \$20.00 city residents, \$30.00 non-city residents.

Memories of a Lifetime

(Creative Scrapbook Techniques for Teens) Are your photos stuffed in shoeboxes and drawers? Learn to organize them into a creative, long lasting photo album for holiday gift giving. Bring 8-10 or more related photos and an empty scrapbook. Thursday, December 14, 4-6 p.m., ages 11-14. Cost is \$4.00 city residents, \$6.00 non-city residents.

Teens Cultural Awareness Day

Thursday, December 14, 5-6 p.m. Teens, ages 13-18, learn how other cultures celebrate Christmas. No cost. For more information, call Stonewall Youth Center at 799.5199.

Holiday Crafts for Teens

No need to spend lots of money on custom made holiday cards. Learn simple, creative card designs to personalize and design your own cards to send or give to family and friends for the holiday. Monday, December 18, 4-5 p.m., ages 11-14. Cost is \$2.00 city residents, \$3.00 non-city residents.

Teen 8-Ball Tournament

Saturday, September 23, 12-2 p.m. Teens, ages 14-18, compete for 1st and 2nd place trophies. Cost: \$1.75/session city residents; \$2.50 non-city residents. For more information, call Stonewall Youth Center at 799.5199.

National Ice Cream Day

Tuesday, September 26, 3-7 p.m. for ages 11-17. No cost city residents, \$2.00 non-city residents. 10 a.m.-12:30 p.m.

Teen Billiard Tournament Month

National Billiard Tournament Month. Two weeks beginning Monday, October 9, 4-6 p.m. daily, ages 11-17. No cost city residents, \$2.00 non-city residents.

Movies and Popcorn

Thursday, October 12, 6-8 p.m., ages 11-17. Cost is \$2.00 city, \$3.00 non-city residents.

Teen Chili Cook-off/Cookie Bake Championship

Calling all cooks! Welcome to Danville's first Teen Chili Cook-off and Cookie Bake Championship. Enter your best chili or cookies and the judges will select the 2006 Teen Chili Chef and Cookie Pastry Chef. Designer chef's hat will be presented as the top award. Saturday, October 21, 10 a.m., ages 11-17. No cost city residents, \$2.00 non-city residents.

After School Programs

Fall Mobile Playground

While the weather's still hot, neighborhood recreation is offering arts and crafts, games and water activities. Four days for 2 weeks beginning September 5-14, 3:30-5:30 p.m., ages 6-17.

- Monday – Campbell Street
- Tuesday – Johnson Playground
- Wednesday – Purdum Woods
- Thursday – Cardinal Village

Project Adventure: Team Building & Cooperative Learning

Project Adventure is a hands-on approach to learning that involves problem solving activities, challenged-focused group games, trust building exercises, and low and high rope courses. Activities help build self-confidence and leadership skills for students. Tuesdays, 6 weeks beginning October 10, 3-4:30 p.m., ages 11-14. Cost is \$2.00/session.

Project Adventure: Holiday Break Camp

Holiday Break Camp introduces youth to hands-on approach to learning that involves problem solving, challenged-focused group games, and trust building exercises that help build self-confidence and leadership skills for students. The Holiday Break Camp serves as an introduction/continuation of our after school program. December 26-28, 12-5 p.m., ages 11-14. Cost is \$25 for city residents and \$37.50 for non-city residents.

Teen Pizza Party

Friday, November 17, 5-7 p.m. Teens and their friends, ages 13-16, meet for a Pizza Party at Stonewall Youth Center. Must pre-register. Cost: \$2.00 city residents; \$3.00 non-city residents. For more information, call Stonewall at 799.5199.

Teen Texas Hold'em Tournament

Poker is back by popular demand. Play in the most exciting game that's taking the country by surprise. Tournament will be challenging and fun. Turn in chips for prizes. Snacks/beverages provided. Tuesday, November 21, 5-8 p.m., ages 15-17. Cost is \$2.00 city residents, \$3.00 non-city residents.

Teen Bingo Carnival

Tuesday, December 5, 6-8 p.m., ages 11-17. Cost is \$2.00 city, \$3.00 non-city residents.

Teen Christmas Dinner

Thursday, December 21, 5-6 p.m. Teens, ages 13-16, share a holiday dinner with their friends at Stonewall Youth Center. No cost city residents; \$2.50 non-city residents. For more information, call Stonewall at 799.5199.

Teen Winter Tournament Week

December 26-30, 3-5:30 p.m. Teens, ages 13-17, compete in one event each day – pool, 4 on 4, ping pong, and cards. Cost: \$2.00/event city residents; \$3.00/event non-city residents. For more information, call Stonewall at 799.5199.

Miss Judy's Kitchen

Tuesday, December 19, 3:30-4:30 p.m. Teens, ages 12-14, learn to make easy desserts for the holiday season. Cost: \$1.75/session city residents; \$2.50 non-city residents. For more information, call Stonewall Youth Center at 799.5199.



TEEN PROGRAMS CONTINUED

MIDDLE & HIGH SCHOOL AGE • Unless otherwise stated all programs will meet at the Squire Recreation Center • 799.5214

Self Improvement

Positive Turning Point

Character building program for teens. Activities include games, team building activities, leadership development, and more. Stay off the street and away from drugs and alcohol abuse. Held Wednesday & Thursdays for 9-weeks beginning October 11, 3-4 p.m., ages 11-17. No cost.

Basic CPR for Teens

Learn the basics of CPR – cardiopulmonary resuscitation updated with new CPR guidelines issued by the American Heart Association. Tuesday, November 7, 4-8 p.m., ages 15-17. Cost is \$8.00 city residents, \$12.00 non-city residents.

Ms. Judy's Kitchen for Teens

Fridays, September 8-29, 3:30-4:30 p.m. Teens, ages 13-16, learn about good diet and nutritious snacks then get to sample what they prepare. Conducted by Judy Fallen. Cost: \$1.75/session city residents; \$2.50/session non-city residents. For more information, call Stonewall Youth Center at 799.5199.

Teens Mentor Kids

Tuesdays, beginning October 3, for six weeks 4-5 p.m. Teens, ages 15-18, meet to help kids (5-8) with homework and just to have fun. No cost. For more information, call Stonewall Youth Center at 799.5199.

"Good Manners Do Matter"

Wednesdays, November 8-29, 5-6 p.m. Teens, 12-14, learn basic good manners for school, restaurants, and social outings. No cost city residents; \$2.50/session non-city residents. For more information, call Stonewall Youth Center at 799.5199.

Teen Leadership Programs

(Leadership programs are designed for those teens that are registered in the Department's Leaders In Training Program (LIT). For more information on the LIT Program contact Squire Recreation Center at 799.5214.

Leaders in Training

Teen Leadership Development program designed to increase leadership skills, provide work experience, career opportunities, and help build self-esteem, and self-confidence among today's youth. Participants gain opportunities to become involved in community service projects and recreational events. Two days, Tuesdays and Thursdays, beginning Tuesday, September 19, 5:30-7:30 p.m., ages 14-17. No fee.

LIT Movie Night

Thursday, September 21, 6-8 p.m., ages 14-17. Cost is \$2.00 city, \$3.00 non-city residents.

Build a Better Image Workshop

Empower yourself by developing a positive image of yourself. Tuesday, September 26, 6-7 p.m., ages 14-17. No fee.

4-H for Teens

Learn leadership, citizenship, and life skills through 4-H. Learn to succeed in school and the community through the development of leadership skills. Four weeks, beginning Tuesday, September 26, 7-8 p.m., ages 14-17. No fee.

Teen Talk

Monthly issues facing teens. Teens speak out. Three weeks, Tuesdays beginning October 3, 6-7:30 p.m., ages 14-17. No fee.

College Planning Workshop

Find out about college selections, financial aid, and college preparation in this 1-hour workshop. Tuesday, October 10, 6-7 p.m., ages 14-17. No fee.

North Carolina State Fair Trip

Saturday, October 14, 10 a.m.-6 p.m., ages 14-17. Cost \$6.00 admission.

Dealing with Diversity Workshop

Learn about dealing with diversity everyday in school, on the job, and in the community; how fostering a climate where equity and mutual respect are intrinsic and understanding that each individual is unique and recognize our individual differences. Tuesday, October 17, 6-7 p.m., ages 14-17. No fee.

Teen Poetry Night

Thursday, October 19, 6-8 p.m., ages 14-17. No fee.

Make A Difference Day

Make a Difference Day is a national day of helping others. A celebration of neighbors helping neighbors. If you don't volunteer, here's an occasion to get started. If you volunteer regularly, give an extra push on this special day. Saturday, October 21, 10:00 a.m.-12:00 p.m., ages 14-17. No fee.

City of Danville Community Day

Learn more about the community you live in. Learn about programs available to you and your family. Tuesday, October 24, 5:00 a.m.-6:30 p.m., ages 14-17. No fee.

Halloween Makeup/Face Painting Workshop

Create your own character for Halloween. All supplies furnished to include makeup kit. One-hour workshop prepares participants for the Halloween Carnival Costume Contest. Thursday, October 26, 5:00-6:00 p.m., ages 3-10. Cost is \$3.00 city residents, \$4.50 non-city residents.

LIT Halloween Carnival

Thursday, October 26, 6-8 p.m. Members of Leaders In Training will host the event, plan and lead activities for children ages 3-10 years of age.

Personal Safety for Girls

Participants learn to convey boundaries and awareness that may deter an attacker by learning more about the dynamics of attacks. Students participate in discussions about their right to be safe and respected by all people and basic physical self-protection techniques. Tuesday, October 31, 6-7 p.m., ages 14-17. No fee.

**Global Fest**

Celebrating our cultures. International crafts and foods. Tuesday, November 14, 5-7 p.m., ages 14-17. No fee.

Indoor Yard Sale

Saturday, November 18, 7 a.m.-1 p.m., all ages. Cost is \$5.00/table city residents, \$7.50 non-city residents.

LIT Shopping Excursion

Holiday shopping at discount outlets and shopping mall at Richmond's Short Pump Mall. Bring extra funds; we will stop for lunch. Saturday, December 9, 10 a.m.-6 p.m., ages 14-17. No fee.

LIT Holiday Social

Celebrate the holiday season with friends and fun. Thursday, December 21, 9-11:30 p.m., ages 14-17. No fee.

Kwanzaa Celebration

A celebration of family, community, and culture. The theme for 2006 is "NGUZO SABA." The principles and practice of bringing good into the world. Kwanzaa was created to introduce and reinforce the seven basic values contributed to building and reinforcing family, community, and culture among African American people. Four days, beginning Tuesday, December 26, 12-2 p.m., ages 11-17. No fee.

TEEN PROGRAMS CONTINUED

MIDDLE & HIGH SCHOOL AGE • Unless otherwise stated all programs will meet at the Squire Recreation Center • 799.5214

Teen Open Gym/Recreation

Pre-teen Drop-in

For ages 11-14. Open basketball play and game activities. Monday thru Thursdays for 16 weeks beginning Tuesday, September 5, 2:30-5 p.m., ages 11-14. No cost city residents, \$2.00/visit non-city residents.

Teen Lounge

A great place for teens to hang out and enjoy amenities such as a big screen TV, stereo, games, Play Station 2 and more. The teen lounge is also available for school clubs, group and organization meeting space and rental. Open and supervised. Monday thru Thursdays for 16 weeks beginning Tuesday, September 5, 2:30-6 p.m., ages 11-17. No cost city residents, \$2.00/visit non-city residents.

Teen Drop-in

For ages 15-18. Open recreation game activities. Monday thru Thursdays for 16 weeks beginning Tuesday, September 5, 5-8 p.m., ages 15-18. No cost city residents, \$2.00/visit non-city residents.

Teen Early Risers Club

Saturdays, September 9-November 25 10 a.m.-12:30 p.m. Teens, ages 13-18, meet to play basketball, ping-pong, and board games at Stonewall Youth Center. No cost city residents; \$2.50/session non-city residents. For more information, call Stonewall at 799.5199.

Time Out for Teens

Mondays, Wednesdays and Fridays September 11-October 6, 5:30-6:30 p.m. Teens, ages 13-18, meet their friends for games, music and conversation at Stonewall Youth Center. No cost city residents; \$2.50/session non-city residents. For more information, call Stonewall at 799.5199.

Teen Open Gym

For teens only – basketball provided. Mondays and Wednesdays for 16 weeks beginning Monday, September 11, 5-8 p.m., ages 15-18. No cost city residents, \$2.00/visit non-city residents.

Teen Teacher Workday Drop-in

School's out, join us for some fun. Open basketball play, games and teen lounge. Monday, October 9 and Tuesday, November 7, 12-8 p.m., ages 11-17. No cost city residents, \$2.00/visit non-city residents.

Teen Pool Club

Thursdays, October 12-November 16, 5-6 p.m. Learn the game of billiards and enjoy playing pool with your friends. For teens, ages 13-18. No cost city residents; \$2.50/session non-city residents. For more information, call Stonewall Youth Center at 799.5199.

Teen Holiday Drop-in/Open Gym

Open basketball play, game activities, Play Station 2, and lounge activities for teens. November 22 & 24 and December 20-29, 12-8 p.m., ages 11-17. No cost city residents, \$2.00/visit non-city residents.

Teens Sports/Fitness

G-Force Teen Fitness

Open weight room for teens. Daily sign-in sheet and supervision. Monday thru Friday for 16 weeks beginning Tuesday, September 5, 3-8 p.m., ages 14-17. Cost is \$3.00/week city residents, \$4.50 non-city residents.

Jr. Weight Training

Learn about proper etiquette, equipment, and free weight training, safety, form, stretching, abs training, breathing techniques, and proper nutrition. Monday thru Thursday for 16 weeks beginning Tuesday, September 5, 3-5 p.m., ages 11-13. Cost is \$3.00/week city residents, \$4.50 non-city residents.

S.W.E.A.T. (Sport Workout and Exercise Training)

Sport conditioning class uses easy to follow sport conditioning drills and workouts while listening to motivating music. Stay ahead of the competition and sweat. Monday thru Thursday for 16 weeks beginning Tuesday, September 5, 5-8 p.m., ages 15-18. Cost is \$3.00/week city residents, \$4.50 non-city residents.

Teen Hershey's Track-n-Field Skill Development Program

For 29 years, Hershey's Track & Field games have put fun into fitness. The goal of Hershey's Track & Field games is to introduce youth to physical fitness through basic events like running, jumping and throwing. The program also strives to encourage youth to reach their potential and develop a sense of accomplishment. Mondays for 6 weeks beginning September 11, 6-7:30 p.m., ages 11-17. Cost is \$18.00 or \$3.00/week city residents, \$27.00 or \$4.50/week non-city residents.

Church League Kickball

Calling all churches in the Dan River Region. This is a wonderful opportunity to get out and have some fun and exercise, make new friends, and enjoy a classic schoolyard game. Team roster must consist of 10 players, must be co-ed with ages ranging from 11-up. Four weeks beginning, September 9, 10 a.m. Cost is \$50.00/team city residents, \$75.00 non-city residents.

Fall Jr. Tennis Skill League

Introduction to basic skills, lead-up games, and fun. No previous instruction required. Learn groundstrokes, rules, and scoring. Saturdays beginning September 16, 10 a.m.-12 p.m., ages 11-17. Cost is \$16.00 city residents, \$24.00 non-city residents.

Middle School NFL Flag Football League

Launched in 1996, the flag football program is designed to educate young people about football while emphasizing participation and sportsmanship. Participants must have proof of insurance and birth certificate. Thursdays beginning September 21, 5-7 p.m., ages 11-14. No cost city residents, \$12.50 non-city residents.

Teen One-Mile Fun Run/Walk

Program goal is to encourage participation in running events to improve emotional, social, mental and physical development. September 23, 8:30 a.m., ages 11-17. Cost is a \$5.00 registration fee for city, \$7.50 non-city residents.

Ladies Basketball

Mondays, September 25-October 30, 5-6 p.m. Girls only open gym at Stonewall Youth Center. No cost city; \$2.50/session non-city. For more information, call Stonewall at 799.5199.

Ultimate Frisbee League

Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football. A game of ultimate is played by (2) two seven-player squads with a high tech plastic disc on a field similar to football. The object of the game is to score by catching a pass in the opponent's end zone. Roster fee/deadline is September 29. Wednesdays beginning October 11, 6-8 p.m., ages 15-18. Cost is \$125.00/team city residents, \$187.50 non-city residents.

Teen 2 on 2 Indoor Volleyball Tournament

Teams will be organized into divisions according to skill levels declared at registration. Tournament format will be elimination or round robin. Each participant may play for only one 2 on 2 volleyball team. Men cannot play on men's and co-ed teams. Saturday, October 28, 10 a.m., ages 15-18. Cost is \$8.00/team city residents, \$12.00 non-city residents.

Squire Recreation Holiday 3 on 3 Tournament

Wednesday, November 22, 2 p.m., ages 11-17. Cost is \$6.00/team city, \$9.00 non-city.

Teen Pool Tournament

Thursday, November 23, 5-6 p.m. Teens, ages 13-18, compete for 1st and 2nd place trophies at Stonewall Youth Center. Must pre-register. Cost: \$1.75 city residents; \$2.50 non-city residents. For more information, call Stonewall at 799.5199.

Christmas 5 on 5 Basketball Tournament

Thursday, December 21, 10 a.m., ages 11-17. Cost is \$10.00/team city residents, \$15.00/team non-city residents.

ADULT PROGRAMS

Ages 18 & Over • Unless otherwise stated, to register and for information, call 434.797.8848.

Arts and Crafts

Stained Glass, the Magic of Light Through Glass

On Monday mornings, beginning September 25, from 9 a.m.–12 p.m., Nancy Dameron will help participants explore the dynamic magic of light through glass. The beginning students will be introduced to the basics of stained glass design, cutting, grinding, foiling, and soldering. The more advanced students will be able to enhance and refine existing skills on projects of choice. The cost of the 8-week course is \$75. Supplies and materials are extra and the responsibility of the student. The instructor will offer guidance to new students when selecting materials and tools to purchase.

Hobbies and Interests

Poetry Caravan

Are you a poet? Would you like to share your poetry with others? Looking to meet other poets in the area? Monday nights, beginning September 11, from 6:30–7:45 p.m., come and join the Poetry Caravan. This is not an instructional class. There is no cost for this class, but you MUST pre-register.

Gardening Series

Stuart Sutphin, Virginia Cooperative Extension Agent, will give information and answer questions about these gardening topics and more. All classes will be held at the Danville Public Library, from 6:30–8 p.m. There is no cost for these classes, but you MUST pre-register.

Session 1: Landscapes For Winter Interest
Thursday, October 26

Session 2: How to Care For Seasonal Plants
Thursday, November 16

Photography Club

Would you like to find out more about photography? Would you like to meet others who have an interest in photography? Would you like to see what types of pictures and cameras others are using? On the first Tuesday night of each month, beginning Oct. 3, from 6:30–7:45 p.m., at the Ballou Park Annex, come and join the New Photography Club. There is no cost for this class, but you MUST pre-register.

Room Makeover

This class will meet on Thursday, November 9, from 6:30–8 p.m., at the Danville Public Library. Alisa Gillespie, of M&M Furniture, will give Tips & Tricks to take any room from plain Jane to belle of the Ball. Come with questions about your own rooms and ask the expert how to solve those decorating dilemmas. There is no cost for this class, but you MUST pre-register.

Bob Ross Painting Classes

Taught by Ed Gowen, Certified Bob Ross Instructor. Complete a painting in one day. Fee is \$60.00 per session and includes all supplies except a 16x20 pre-stretched canvas and a roll of paper towels. Classes held at Ballou Park Annex Building on Saturdays. Dates are listed below. All classes meet from 10:30 a.m.–3:30 p.m.

Painting	Saturday Classes:
Session 1: "Red Barn"	Sept. 2
Session 2: "Christmas Snow Scene"	Oct. 7
Session 3: "Hydrangeas"	Nov. 4
Session 4: "The Fisherman"	Dec. 2

Art with Judie (Painting)

Instructed by Judie Moseley. Oil and watercolor instruction. Beginners are welcome to attend. Classes held at the Ballou Park Annex. Cost of each session (4 classes each) City residents \$20.00, Non-cit residents \$30.00 per session.

- Monday Night Sessions: 6–8 p.m.
August 28 – September 25 (No class Sept. 4)
November 6 – December 5
(No class November 20)
- Tuesday Morning Sessions: 10 a.m.–12 p.m.
August 29 – September 26 (No class Sept. 5)
November 7 – December 6
(No class November 21)
- Tuesday Afternoon Sessions: 1–3 p.m.
August 29 – September 26 (No class Sept. 5)
November 7 – December 6
(No class November 21)

Art with Flo (Painting)

Instructed by Flo Haynes. Wet on Wet technique. New students welcome. Fees for six week classes are as follows: City Residents: \$45.00 Non-city Residents: \$57.50

- Monday Evening Classes: 6–9 p.m., Glenwood Recreation Center. To register call 799.6469.
Session 1: Monday, Sept 11– Oct 16
Session 2: Monday, Oct 23 – Nov 27
Session 3: Monday, Dec 4 – Jan 8
- Wednesday Morning Classes: 9:30 a.m.–12:30 p.m., Glenwood Recreation Center. To register call 799.6469.
Session 1: Sept 13 – Oct 18
Session 2: Oct 25 – Nov 29
Session 3: Dec 6 – Jan 10
- Wednesday Night Classes: 6–9 p.m., Ballou Park Annex Building. To register call 797.8848.
Session 1: Sept. 13 – Oct. 18
Session 2: Oct. 25 – Dec. 6 (NO CLASS Nov. 24)
- Thursday Night Classes: 6–9 p.m., Ballou Park Annex Building. To register call 797.8848.
Session 1: Sept. 14 – Oct. 19
Session 2: Oct. 26 – Dec. 7 (NO CLASS Nov. 25)

Holiday Art w/ Flo Class

Finish up those last minute Christmas gifts. Wet on Wet technique. New students welcome. Held for just 2 weeks. Held at Ballou Park Annex Building. Cost: \$15.00.

- Wednesday Night Classes: Dec. 13 & 20
- Thursday Night Classes: Dec. 14 & 21



ADULT PROGRAMS CONTINUED

Ages 18 & Over • Unless otherwise stated, to register and for information, call 434.797.8848.

Dance

African Dance by Nguza Saba

Monday nights, beginning September 11th, from 6-7:30pm, come to the City Auditorium and learn how to do African Dances, taught by Nguza Saba. Whether its dancing, drumming or just enjoying the beautiful rhythms, Nguza Saba will introduce you to the beautiful art of African Dance. There is no cost, but you must pre-register. Call 797-8848 for more information and to register.

**Beginning Middle Eastern "Belly Dance" Classes with Shalimar**

Mondays at 5:30 p.m. at the Pepsi Building. Get in shape while having fun. All ages, shapes and sizes are welcome. These classes are designed to open up the creative and beautiful spirit known as women. You will learn the basics of this dance while developing flexibility and learning muscle isolation. If you feel self-conscious in a gym, this is the class for you. Come join us and almost forget you are doing any exercise. This class is a confidence-booster! Cost is \$30.00 for 6 classes. Suggested attire: loose fitting workout clothes. For more information or to register, please call 797-8848.

Self Improvement
& Informational Classes**Sign Language for Beginners**

Rhonda Harris will introduce you to the exciting world of sign language. Learn the basics of how to sign letters, phrases, sentences and eventually conversations. This 4-week course will entertain and inform. Cost for this class is \$20.00. The class will be held on Monday nights.

**Real Estate Basics**

Jerry Grubb, Certified General Real Estate Appraiser and Broker, will offer the nuts and bolts of how to buy, sell or rent a house. Jerry will explain what additions add value to your house, how to determine the maximum value of your home, and what to look for in rental property. There is no cost for this program, but you MUST pre-register.

Spanish For Beginners

Whether you are planning a Latin vacation, need help communicating with your customers or just want to learn something new, this five-week class is the place to begin. Carlton Hemingway will introduce you to the Spanish language. Stay in the class and advance all the way to the conversational level. Cost is \$25.00 per session. Classes will be held on Monday nights, beginning September 11, 6:30-8 p.m., at the Coates Recreation Center.

Intermediate Spanish

On Monday nights, beginning November 6, from 6:30-8 p.m., at the Coates Recreation Center, Carlton Hemingway will further guide you in the beauty of the Spanish language and culture. This class is for those that have taken Spanish for Beginners. Cost is \$25.00 for the 5-week class.

Socialization

Adult Game Room

Open Monday – Friday, beginning Sept. 1, 10 a.m.–2:30 p.m. and 6–8 p.m. at the City Armory Recreation Center. Includes Billiards, Ping Pong and Game Tables. No fee for city residents.

Card Club

On Tuesdays & Thursdays, from 10 a.m.–12 p.m. and 6–7:30 p.m. beginning Sept. 5, at the City Armory Recreation Center, test your skill in games of Spades, Bid Whist, or other card games. Bring your partner or join the group for some good clean competition. No fee to city residents. For more information, call 797-8848.

**Table Tennis Tournament**

On Wednesday, Nov. 8, the City Armory Game Room will host a Table Tennis Tournament from 10 a.m.–12 p.m. Cost is \$2.50 city residents, \$3.75 non-city residents. Prizes will be awarded.

**Eight Ball Tournament**

On Wednesday, Nov. 22, from 10 a.m.–12 p.m. and 5–7 p.m., test your skill against the best players in town. The competition will be held at the City Armory Game Room. Prizes will be awarded. Cost is \$2.50 city residents, \$3.75 non-city residents.

Christmas Weight Room Social

Monday, December 18, from 8:30 a.m.–7:30 p.m., open to all weight room participants.

Senior Adult Thanksgiving Luncheon

Monday, Nov. 20, at the Glenwood Community Center at 11:15 a.m. Bring a covered dish. No Fee.

Adult Sports Leagues

Dodgeball

Based on the hit movie of the same title, Danville Parks, Recreation & Tourism will offer Male and Co-ed Leagues for Adults. The games will be played on Tuesday and Thursday nights beginning Oct. 3. Team rosters are due by Sept. 23. Participants may play on a maximum of 1 men's team and 1 co-ed team. The entry fee is \$125.00 per team. All non-city residents must pay an additional \$12.50 per person in order to be considered eligible for league play. Team roster may not exceed 12 players.

Morning Basketball Leagues

Danville Parks, Recreation & Tourism will offer a Male Basketball League for Adults. The games will be played at the City Armory Recreation Center on Tuesday and Thursday mornings, beginning October 3. Team rosters are due by Sept. 27. The entry fee is \$175.00 per team. All non-city residents must pay an additional \$12.50 per person in order to be considered eligible for league play. Team roster may not exceed 12 players.

ADULT PROGRAMS CONTINUED

Ages 18 & Over • Unless otherwise stated, to register and for information, call 434.797.8848.

Adult Wellness and Fitness

Indoor Walking

There is no better exercise than walking. Gym-side Walkers are inside walking so no matter what the weather, you can still walk. Come everyday or just once in a while. No cost city residents, \$2.00/visit non-city residents

- City Armory Recreation Center: Monday – Friday: 8:15–10 a.m. Call for other times.
- Coates Recreation Center: Monday – Friday 9–10 a.m. Call for other times.
- Glenwood Community Center: Monday – Friday 9–10 a.m. Call for other times.
- Squire Armory Recreation Center: Monday, Tuesday, Thursday & Friday 8:30 a.m.–1 p.m. (begins October 2). Call for other times.

Get Fit and Lose Weight

Danville Parks and Recreation will be holding a nutrition and exercise program every Thursday evening starting September 14 from 5:30-7:30 p.m. This eight week program will take place at the Pepsi Building at the Crossing and consist of two parts. This class is open to everyone who wants to lose weight be healthy, or get fit.

- Aerobics Class 5:30-6:30 p.m. - will be mostly cardio with a warm-up and stretching. This class will include high and low impact aerobics, kickboxing, dance, basic strengthening without weights and some outdoor fun. All fitness levels are welcome.
- Nutrition Class 6:30–7:30 p.m. - featured topics include diet tips, proper nutrition, exercise, chronic disease prevention, goal setting and motivation.

Both classes will be taught by Megan Healy Tillery, who has a Masters in Health and Movement Science and is a certified aerobics instructor. Together both classes cost \$35 for the eight weeks or individually at \$25 for the aerobics and \$15 for the nutrition. Pre-registration is required.

Adult Open Gym

No fee city residents, \$2 per visit for non-city residents/\$12.50 per quarter.

City Armory Recreation Center

- Adult Open Gym – Tuesday and Thursday nights, beginning Sept. 1, 5:45–7:45 p.m.
- Early Morning Hoops – Mondays, Wednesdays & Fridays, beginning Sept. 2, from 8:15–10 a.m.
- Weekend Open Gym – Saturdays, beginning Sept. 3, from 10 a.m.–12:30 p.m.
- Sunday Open Gym – Sundays, beginning Sept. 4, from 2-5 p.m.

Squire Recreation Center – Call 799.5214

- Adult Open Gym - Wednesdays and Saturdays, beginning September 6, from 10 a.m.–1 p.m.

River City Walking Club

Would you like to begin getting in shape by walking? Or do you like to walk, but have anyone to walk with you? Join the River City Walking Club. We will highlight different areas in the Dan River Region that offer safe and fun walking environments to the public. We will walk daily, weekly, morning, afternoon, evening or whatever fits your schedule. To join the River City Walking Club, call 797-8848 for more information.

Weightlifting

Cost: \$3.00 per week city residents, \$4.50 per week non-city residents.

- City Armory Fitness and Power Zone Weightlifting Center
Monday – Friday, 8:15 a.m.–8 p.m. Saturday, 10 a.m.–1 p.m. New Session begins Sept. 1.
- Squire Recreation Center's G-Force Weight Room. Open for use of free weights and resistance weights. Five days (Monday – Friday) for 16 weeks beginning Tuesday, September 5, 8:30 a.m.–3 p.m. Call for more information 799.5214.

Adult Exercise

Glenwood Community Center, Tuesdays and Thursdays, beginning Sept. 5. On going program. No cost to city resident. New participants welcome.

Evening Yoga

A self-care system that uses posture, breathing and meditation to enhance your overall health. Bill White will teach this evening class to be held at the Pepsi Building, Craghead Street, Downtown, Tuesday evenings, from 5:30–7 p.m.
Session 1: Sept. 5-26 (4 weeks) \$24/person
Session 2: Oct. 3-24 (4 weeks) \$24/person
Session 3: Nov. 7-28 (4 weeks) \$24/person
Session 4: Dec. 5-19 (3 weeks) \$18/person



Couples Massage Class

Have you or your spouse returned home from a long day at work and wanted a good massage? Doris Smith, of Healing Touch Therapy, will show you the secrets of how to relax your muscles. Bring your spouse, a friend or a relative and let Doris show you the secrets of hand massage, foot massage and neck massage. The classes will be offered at the Pepsi Building on Craghead Street, Downtown on the dates listed below. The cost for these two-hour sessions is only \$30 per couple per session. Class space is limited to six couples per session. 2–4 p.m.

Session 1: Saturday, Oct. 14

Session 2: Saturday, Nov. 11

Session 3: Saturday, Dec. 16

Living Well For Life

On Thursday nights, beginning September 14, from 6:30–7:30 p.m., at the Danville Public Library, Dr. Mariska Adams from Lily Chiropractic Health Center will give information and answer questions about chiropractic and general health issues affecting our community. There is no cost for this program, but you must pre-register.

- September 14 - Increasing Health with Passing Time: Change Your Approach, Change Your Life
- September 21 - Nourishing Yourself to Good Health: Balanced Meals and Vitamin Supplementation
- September 28 - Perpetual Motion: Daily Incorporation of Exercise and Fitness
- November 30 - Increasing Health with Passing Time: Change Your Approach, Change Your Life
- December 14 - Nourishing Yourself to Good Health: Balanced Meals and Vitamin Supplementation
- December 21 - Perpetual Motion: Daily Incorporation of Exercise and Fitness

Managing Your Medicine

On Thursday, October 19, 6:30–7:30 p.m., at the Danville Public Library, learn the importance of taking medicine in a timely fashion, the proper dosage, drug interactions and how to eliminate the potential for drug-related risks. Felecia Hairston, CVS Pharmacy Supervisor, will answer questions about these topics and provide valuable information on managing your medicine properly.

Trip

Virginia Dare Lunch Cruise

Thursday, September 28. Enjoy a luncheon cruise on the Smith Mountain Lake, one of the most beautiful in Virginia. Take in the lake's sights as you enjoy a delicious meal and relax aboard the Virginia Dare Cruise Boat. Cost is \$50/person.

For more information on the programs and services listed below call 799.5215.

September

Full Moon Canoe

Tuesday, September 5, 6–8 p.m. Adult, Senior, Youth Ages 10 +. The setting sun and rising moon guide us on this flat-water trip on the Dan River. All gear and two instructors provided. Payment Due by August 25.

City: Adult: \$5.00 Youth/Sr: \$3.50
NCR: Adult: \$7.50 Youth/Sr: \$5.00

Beginner's Kayak

Saturday, September 9, 2–4 p.m.

Adult, Senior, Youth Ages 12 +.

Come see what Kayaking is all about! This is a beginner's course on how to kayak with a trip along the calm Dan River. Each participant will be in a solo sit on top kayak. Class size limited to 7! Payment Due by August 29.

City: Adult & Youth/Sr: \$5.00

NCR: Adult & Youth/Sr: \$7.50

Indoor Wall Climbing Class for Beginners

Wednesday & Monday Night, September 6 & 11 6–8 p.m. Adult, Senior, Youth 12+.

Come and try out one of Danville's new indoor climbing walls. In this 4 hours of instruction students will learn how to tie knots, belay, and how to climb in a safe and supportive environment. Class will be held at Glenwood Recreation Center. Class size limited to 10! Payment Due by August 25.

City: Adult & Youth/Sr: - \$20.00

NCR: Adult & Youth/Sr: - \$30.00

Beginner Rock Climbing, Pilot Mountain State Park N.C.

Saturday, September 16, 8 a.m.–6 p.m. Ages 12 +.

Apply your new skills or refresh your skills at Pilot Mountain State Park, NC. This is a beginners trip, but climbers of all levels are invited to participate in top rope climbing with two instructors. This presents a great opportunity for beginners to work on skills they developed in class or an outstanding climbing site for experienced climbers, too. A one-hour orientation is required for those who have not climbed with us in the past year at Glenwood Recreation Center on Wednesday September 13 at 7:30 p.m. Payment due by September 6.

City: Adult: \$26.00 Youth/Sr: \$24.00

NCR: Adult: \$32.00 Youth/Sr: \$30.50

Indoor Wall Climbing for Kids

(Age 7 to 12) Monday & Wednesday Night, 6–8 p.m., September 18 and September 20.

Bring out the "little ones" to one of Danville's new indoor climbing walls. In this 4 hours of instruction students will learn how to boulder and climb in a safe and supportive environment. This class will concentrate on communication skills, teamwork, self-confidence and having fun. Class will be held at Glenwood Recreation Center. Class size limited to 10! Payment Due by September 7.

City: Youth: - \$20.00

NCR: Youth: - \$30.00

Beginning Horseback Riding Class

September 19, 21, 26, & 28, Tuesdays & Thursdays, 6:30–7:30 p.m. Adult, Senior, Youth 12+.

This is a beginner level horseback riding class. Students will receive 4 hours of riding instruction at Shady Knoll Stables. Class size limited to 8! Payment Due by September 7.

City: Adult & Youth/Sr: - \$60.00

Hunter Safety Education Class

September 18-20, Monday - Wednesday, 6:30–10 p.m. Age 12+.

Required for first-time licensees and a great refresher for novice & experienced hunters. Instructors from the Virginia Department of Game & Inland Fisheries will share gun safety, first aid, tracking tips & more. Advanced registration required one week prior to class. Ages 12- Adult/Sr. Free Program!

Canoe Angler's Park to Milton NC

Saturday, September 30, 10 am.–5 p.m. Age 10+.

This is a 10-mile stretch of the Dan River that provides relaxing paddling, great scenery and fun for all. Bring a bagged lunch. All levels welcome! Adult, Senior, Youth 10+ Payment Due by September 19.

City: Adult \$14.50 Youth/Sr. \$13.00

NCR: Adult \$22.00 Youth/Sr. \$20.00

Special Services

(New) Indoor Climbing Walls

Two new indoor climbing walls have just been installed, one at Glenwood Recreation Center and one at Coates Recreation Center. These climbing walls are 20 feet high and provide a great environment for beginners to learn. They also provide experienced climbers a place to hone their skills. For teen and adult groups & instructional programs, call Outdoor Recreation at 799.5215. For children's parties or open climbing hours, call Coates or Glenwood.

(New) Indoor Climbing Parties- Teens & Adults

Great new parties for ages 13 through Adult feature climbing, initiative games and team-building. Call Outdoor Recreation at least one month in advance to allow for reservation of climbing walls. Minimum 8, Maximum 16

(New) Ballou Park 18-Hole Disc Golf Course

The new 18-hole course at Ballou Park is now open. The course record has already been established at 44, with several other rounds in the 40's, so there are birdies to be had.... but be sure.... there are bogies too! Tight fairways demand accuracy on several holes. Players can get score cards in the Ballou Nature Center. For more information about disc golf or to see posted scores from Ballou Park players, visit www.discgolf.com for other course information see www.danvillediscgolf.com. The course is free to play. Bring a disc and fly freely!

(New) Corporate Training and Staff Development

We will design a unique experiential training session to meet your company's training and staff development needs. If your company would like to increase productivity by improving communication skills or by developing more cohesive teams, give us a call at 799.5215 and make your reservations today! Must make reservations at least one month in advance.

Anglers Ridge Mountain Bike Trail System

Young adults, teens, and families alike can have a blast on 10-plus miles of twisting, turning & amazingly scenic mountain bike trails. Trails constructed by the Southern Virginia Mountain Bike Association members range from novice to sport-expert. To learn more, contact Scott Buckner, SVMBA President at svmba@adelphia.net. Trails are accessed from Anglers Park.

Adventure Programs for Groups

Planning a get together with family, a church group or co-workers? We can set up your own canoeing, hiking, spelunking, climbing, team-building or any outdoor related activity. You must have eight people or more, and half must be city residents. Call 799.5215 and make your reservations today! Please make reservations at least one month in advance.

Riverwalk Trail

Fall is a beautiful time to visit the Riverwalk Trail to enjoy the scenic views and colorful foliage. Stop by our office for a handy map of the Riverwalk and information on other trails. The Riverwalk can be accessed at Dan Daniel Memorial Park, Anglers Park, and the Crossing at the Dan. Stay healthy and happy, and enjoy the trail!

Philip Wyatt Memorial Skate Park

Danville's skate park has 8800 square feet of 6ft-3ft quarter pipes; grind boxes, rails and new ramps. Weekend hours: Saturday 12-5 pm & Sunday 1-5. The Skate Park will close in late November. Want to rent the park for a special event? Call us for more information, 799.5215.

Park Shelters and Picnic Site Reservations

Fall reservations are being accepted for picnic shelters and sites through November. Sites are available at Dan Daniel Memorial Park, Ballou Park, Camilla Williams Park & Grove Park. Shelters or picnic tables are also available at other public parks and neighborhood playgrounds.

Equipment Rental

Do you want to go on an outing, but do not have the proper equipment? Outdoor Recreation can help. You may rent a variety of outdoor gear to include tents, backpacks, helmets, canoes, kayaks and more. To best serve you, reservations are requested at least one week in advance. Call 799.5215.

CONTINUED

For more information on the programs and services listed below call 799.5215.

October

Hunter Safety Education Class

October 2, 3, 4, Monday – Wednesday,
6:30–10 p.m. Age 12- Adult/Sr.
Required for first-time licensees and a great
refresher for novice & experienced hunters.
Instructors from the Virginia Department of
Game & Inland Fisheries will share gun safety,
first aid, tracking tips & more. Advanced regis-
tration one week prior to class. Free Program!

Beginning Swimming

3:30–4:30 p.m – Ages 6-12.

- (Session 1) Mondays and Wednesdays,
October 2 – October 25
- (Session 2) Mondays and Wednesdays,
October 30 – November 22.

This is a great opportunity for youth age 6-12 to
learn to swim. Scholarships are available for those
who qualify. Signed registration forms are due
one week prior to the first class of each session.



Wintergreen Fall Foliage Festival

Saturday, October 14, 8 a.m.–6:30 p.m., Age 16+.
(Younger children if accompanied by parent.)
Enjoy guided hikes, family activities, food and
hand-made crafts. Trip will depart Wintergreen
at 4 p.m.
City: Adult: \$16.00 NCR: Adult: \$18.50
Y/Sr: \$15.00 NCR Y/Sr: \$17.50

Charity Bike Ride “Tour De Habitat”

Saturday, October 14 — Registration is
7:30–8:30 a.m. at the Pepsi Building at “The
Crossing at the Dan”. Danville Parks, Recreation
& Tourism’s Outdoor Recreation Division will
be teaming up with Habitat for Humanity for a
charity bike ride. A fun recreational activity for
everyone, all levels welcome! Call 793.3630
for more information.

Indoor Wall Climbing for Ladies Only

Mondays, October 23 & 30 - 6–8 p.m.
Adult, Senior, Youth, Age 12 +
Ladies, this is your private time to try out one of
Danville’s new indoor climbing walls. In this 4
hours of instruction, students will learn how to
tie knots, belay, and how to climb in a safe and
supportive environment. All female group in-
cluding female instructors. Class will be held at
Glenwood Recreation Center. Class size limited
to 10! Payment Due by October 12.
City: Adult & Youth/Sr: - \$20.00
NCR: Adult & Youth/Sr: - \$30.00



Outdoor Photography Hike

Saturday, October 28, 8 a.m.–5 p.m.

Adults & Seniors, Age 18+.

We will hike and photograph our way through
the scenic Hanging Rock State Park in North
Carolina. This will be a hike with the emphasis
on taking great photos of the lovely waterfalls
and scenic vistas. Bring layered clothing, a bag
lunch, your camera, or video camera and an ad-
venturous spirit. Payment Due by October 17.
City: Adult: \$11.00 NCR: Adult: \$13.00
Senior: \$ 9.00 NCR: Senior: \$ 11.00

December

Luminary Trail Walk

Friday, December 1, 6–8 p.m. All Ages .

Come to Dan Daniel Memorial Park dressed for
the cold holiday season and enjoy a night of
magic. You will stroll along the candle lit river
walk trail while listening to the sounds of holi-
day music sung by caroling groups. After your
stroll gather around our campfire and roast
marshmallows while sipping hot chocolate.
FREE for Everyone!

Ballou Park Tree Lighting

Saturday, December 9, 4:30–5:30 p.m. All Ages.
Bring your family and friends to Ballou Park and
ring in the holiday season. Schoolfield Elemen-
tary Chorus will entertain and refreshments will
be provided. The tree will be lit, and a special
guest may delight us with his appearance! FREE
event!

Holiday Lights Contest Judging

Monday, December 11, 5:30–8:30pm. All Ages.
Judges from the City Beautiful Committee will
review each nominated house. Whether you
have a peaceful holiday scene or you light up
the night sky send in your entry! Call 799.5215
to enter your house by December 8. FREE for
Everyone!

Snow Sports at Wintergreen

Friday, December 29, 6 a.m.-8 p.m.

Adult, Senior, Youth, Age 10+.

(Under 16 must be accompanied by an adult)

We will hope for a cold snowy day as we
venture to Wintergreen Resort. Enjoy a day of
skiing, snowboarding, tubing or relaxing in the
lodge. Payment does not include lift ticket &
rental. Payment due by December 19.

City: Adult: \$20.00 Youth/Sr: \$18.00

NCR: Adult: \$24.00 Youth/Sr: \$21.00

November

Youth Outdoor Adventures

Tuesdays, November 7, 14, 21, 28
4–6 p.m., Ages 8 – 12.

Stretch your imagination and experience a
new outdoor adventure each week! Partial
scholarships may be available. Payment due by
October 24.

- November 7 – Camp Craft
 - November 14 – Hiking
 - November 21 – Canoe Craft
 - November 28 – Total Outdoor Experience
- City: \$3.50/class or \$13.00/4 wk series
NCR: \$5.00/class or \$18.00/4 wk series

Indoor Wall Climbing Class for Beginners

Saturdays – November 11, and November 18
2–4 p.m., Ages 12+.
Come and try out Danville’s new indoor climb-
ing wall. In this 4 hours of instruction students
will learn how to tie knots, learn to belay, and
how to climb in a safe and supportive envi-
ronment. Class will be held at Coates Recre-
ation Center. Class size limited to 10! Adult,
Senior, Youth 12+. Payment Due by August 25.
City: Adult & Youth/Sr: - \$20.00
NCR: Adult & Youth/Sr: - \$30.00

Non-Peak Peek, Peaks of Otter Hike

Saturday, November 18, 8 a.m.–5 p.m.,
Ages 10 & up.

Peak season in the mountains is over, just in
time for a quick jaunt to the Peaks of Otter.
The trudge up Sharp Top will be rewarded by a
fantastic view; then we’ll hike the Harkening
Hill loop to get our minds and bodies prepared
for the upcoming Thanksgiving week.

Payment due by November 7.

City: Adult: \$12.00 Youth/Sr: \$10.00

NCR: Adult: \$14.00 Youth/Sr: 12.00

Fall Colors Canoe – Farmer Lake

Saturday, November 4, 1:30–4:30 p.m.,
Adult, Senior, Youth Age 10+.

Enjoy the gorgeous fall colors reflected on the
water and look for the numerous heron, crane,
river otter and other wildlife that flourish on
secluded Farmer Lake. All levels welcome!

Payment Due by October 24.

City: Adult: \$7.50 Youth/Sr: \$5.50

NCR: Adult: \$11.00 Youth/Sr: \$8.00

BALLOU RECREATION CENTER

For Adults 50 and older • Located in Ballou Park off West Main Street • Office Hours: 9 a.m. – 4 p.m., Monday – Friday

Special Events and Tournaments

Senior Trips to Community Market!

Sept. 2 & 16; Oct. 7 & 21; Nov. 18
Start your Saturdays off by taking a trip to Danville's very own Farmers' Market to get fresh fruits, vegetables, and home baked goodies. Call 797-8994 to schedule your pick up.

10th Anniversary Celebration of the Triad

Plans are being finalized to celebrate our 10th Anniversary of the formation of the Triad of Danville/Pittsylvania County. This partnership was formed with the following agencies participating: Danville Police Department, American Association of Retired Persons, Danville Sheriff's Office, Danville Senior Citizens Center, Pittsylvania County Sheriff's Office, and Southern Area Agency on Aging. Watch for details regarding this special Anniversary Celebration coming in September.

Senior Health Fair

Join fellow seniors at our Annual Senior Health Fair on Wednesday, October 11 from 10 a.m.-2 p.m. Numerous exhibitors and health screenings. FREE to all seniors!

Holiday Luncheon

Make plans to get your tickets early for this sold-out annual event that will be held on Wednesday, November 15. Watch for details later in the Fall. Tickets \$3 per person.

Christmas Open House

This annual holiday favorite is loved by young and old! Join us on Wednesday, December 13 (2-5 p.m.) as we sing traditional holiday carols and enjoy a few "goodies" along the way!

Wednesday "Friends" Program

Bible Study starts these weekly activities at 11 a.m. with a visiting minister each week, followed by a fun or informational program. Bring a bag lunch. The programs start at 12:30 p.m. On the second Wednesdays the group goes shopping. Most programs are free.

Schedule Of Wednesday Programs:

Date	Program
September 6	Hat Fashion Show
September 13	Lunch & Shopping
September 20	Diabetes
September 27	Jammer's Performance
October 4	Lunch & Shopping
October 11	Health Fair & Trip to Lunsford Farms
October 18	Pre-Halloween Party & Costumes
October 25	Fun & Games
November 1	National Care Givers Month 12:30 p.m. Guest Speaker
November 8	Wreath Class
November 15	Thanksgiving Luncheon
November 22	Lunch & Shopping
November 29	Charles
December 6	Christmas Craft
December 13	Lunch & Shopping/ Center's Open House 4-6 p.m.

Ballou Recreation Center provides recreational opportunities to adults over 50. Southern Area Aging Services are provided to Danville City residents age 60 and over. Information on specific programs can be found in the Sunday edition of the Register & Bee in the special senior section and at www.danvil-lecalendar.com and also on our web page at www.danville-va.gov. Outreach speakers are available to inform churches, civic groups, community organizations, and housing complexes regarding services for seniors. For a monthly calendar, come by the Center. For information regarding programs, activities, and services, please call 799-5216.

The Center will be closed:

- Monday, September 4 in observance of Labor Day Holiday
- Thursday & Friday, November 23 & 24 in observance of Thanksgiving Holiday
- Friday, December 22 at 12 Noon in observance of Christmas Holiday
- Monday, December 25 in observance of Christmas Holiday
- Monday, January 1, 2007 in observance of New Years Day

Dance Programs

Boogie Mondays

7-8:30 p.m. Join the fun and learn new dances while making new friends in the process. Class meets every Monday night. Cost is \$3 per night or \$15 for a "Let's Dance Card." The schedule is as follows:

- September: Mambo (no class on the 4th)
- October: Samba
- November: 2-Step
- December: Couples Country

Fall Dance

7-10 p.m. Saturday, September 9th bring your friends and enjoy a relaxing evening dancing the night away to your favorite tunes. Cost is \$3 per person. Bring your favorite CDs and a light snack!

Vegas Night

6:30-10:30 p.m. Saturday, October 7 have fun and win prizes while playing casino games and dancing the night away! DJ Dean Boulware spins your favorite tunes and takes requests. Cost is \$5 per person.



Classes and Programs

Jammers

Thursdays – 4-6 p.m. The Jammers meet to play acoustical instruments. The group is growing and having more and more fun each week. Come for Coffee House with fresh-baked cookies and coffee held on the last Thursday of each month from 5-6 p.m.

Computer Classes

Call now to register for computer instruction on Fridays from 3-5 p.m. Thanks to 2 grants from the Community Foundation of the Dan River Region, seniors age 60+ can learn from our expert volunteer instructor about the Internet, Basic Computer Info, and more. Call to register for this free opportunity.

Do It Yourself Computer Instruction (Self-taught)

Seniors can sign up for a brief tutorial for the following interactive computer learning CD's: Office 2000, Excel 2000, and Access 2000. Participants come in and run through the course on their own. Call to reserve your time.

AAA Roadwise Computer Program

Sign up to use software issued by AAA to test seniors' leg strength and general mobility, head and neck flexibility, high-contrast visual acuity, low-contrast visual acuity, working memory, visualizing missing information, visual search and visual information processing speed. It is self-evaluation based on both the accuracy and speed of the responses. At the end of the program there is feedback from the results of the test and suggestions to keep seniors driving safely longer. Call the Center for more information on how to use this great computer program to your best advantage.

Council On Aging Events

- Friday Night Dances - \$5 at the door. All dances start at 7:30 p.m. unless otherwise noted. Special dance tickets are \$6 in advance and \$7 at the door. Country Western Dance on September 15.

Senior Citizen Choir Schedule

Activity	Day	Time
Choir Practice at the Center	1st & 4th Tues.	1 p.m.
Roman Eagle Home	2nd Tuesdays	1:30 p.m.
Abingdon Home	2nd Thursdays	11 a.m.
Berry Hill (South Boston)	3rd Tuesdays	2 p.m.
Hill Top Gardens	3rd Thursdays	1 p.m.
Loyalton	3rd Mondays	11 a.m.
Piney Forest Home	4th Monday	11 a.m.
DRMC (Rison Street)	4th Thursday	11:15 a.m.

Ballou Recreation Center Choir is always looking for new members. Interested seniors may contact Charles Oliver at 799.5216 or join us at one of our regular practices.

BALLOU RECREATION CENTER

For Adults 50 and older • Located in Ballou Park off West Main Street • Office Hours: 9 a.m. – 4 p.m., Monday – Friday

Outreach Programs and Services

SCC Club Knitting and Turban Project

Wednesdays from 2-4 p.m. members of the Senior Citizens Club meet to make lap blankets, cancer turbans and lap pads for the elderly.

Property Tax Relief and Reduced Refuse Fees Programs

(July 3-September 29) Danville city residents age 65 or older or those who are permanently and totally disabled whose net financial worth does not exceed \$50,000 (of all owners), net combined income does not exceed \$50,000 you may qualify for reduced taxes and/o garbage fees. Hours are Mondays-Fridays from 9 a.m.–2 p.m.

Senior Transportation

Curb-to-curb, accessible transportation for Danville City Seniors, age 60 and over, is provided to go to medical appointments, meet grocery shopping needs, occasional recreational trips, attend Mealsite sessions, etc. Individual transportation for those at risk of institutionalization is provided to those in need of services that promote continued independent living. Call 797.8994 between 9 a.m. and 2 p.m., Mondays through Thursdays to see if you qualify and to schedule your next appointment.

Checking Services

This service provides for the calling or visiting of homebound seniors at their residence to “check” on them to make sure they are well and safe. This activity may also serve to provide psychological reassurance to an older person who is alone and in need of personal contact from another individual.

Volunteer Services

Volunteers are always needed in a variety of areas. Call Cindy Jones or Diane Cox to offer your assistance with crafts for shut-ins, visiting local nursing homes, mentoring with Big Brother/Big Sisters, Project Literacy, special events, checking & reassurance, bingo callers, outreach speaking, and blood pressure and BMI checks.

Organization Meeting Dates

Group	Day	Time
AARP Board Meeting	1st Thursdays	2 p.m.
AARP General Meeting	2nd Thursdays	12 noon
SCC Board Meeting	1st Tuesdays	9 a.m.
SCC General Meeting	3rd Thursdays	12 noon
African Violet Society	1st Tuesday	10:30 a.m.-12 p.m.
Bridge Club	Every Wednesday	9:30 a.m.
NARFE	Last Thursdays	6:30-8:30 p.m..
Chess Club	4th Thursday	6:30-8:30 p.m.

All of our clubs may be joined at any meeting.

Food Lion Shop & Share Program

Purchases at Food Lion can help the Ballou Recreation Center, formerly the Danville Senior Center, and local seniors. To register, call the center and supply pertinent information. After registering, a small portion of the MVP savings will be donated to the Ballou Recreation Center when you use your MVP card.

Large Print Library Books

Large print library books are available to those 50 and older for checkout at the reception desk.

Computer Use

The Senior Center has two computers available for use by seniors on a first-come, first-served basis. Seniors can surf the Internet, learn programs, or write letters. They can even use a typing tutor program to learn to type.

Fitness Equipment

Now available to our 50+ population on a first-come, first served basis are the following pieces of fitness equipment: Schwinn Aerdyne Bike, C52r Recumbent Bike, Lateral Thigh Trainer, and a Cardio Fit Machine. Machines are located upstairs. It's time to get fit at your convenience!

Hearing Checks

On October 11, November 8 and December 13, 2006. Call the center for the times on those dates 799.5216.

Blood Pressure & BMI Checks

Available at the following locations, days & times.

Mondays

1st Mon.	McDonald's/Riverside Dr: 8:30–10:30 a.m. CVS/Riverside Dr.: 11:30 a.m.-12:30 p.m. IHOP 2–4 p.m. (Bingo)
2nd Mon.	McDonalds's/58 East: 8:30–10:30 a.m. CVS/58 East: 11:30 a.m.-12:30 p.m.
3rd Mon.	McDonald's/Ballou Park: 8:30–10:30 a.m. CVS/Ballou Park: 11:30 a.m.-12:30 p.m.
4th Mon.	McDonald's/Piney Forest: 8:30–10:30 a.m. CVS/Piney Forest Rd.: 11:30 a.m.-12:30 p.m.

Tuesdays

1st Tues.	Belk: 11 a.m.–2 p.m.
2nd Tues.	Ryan's: 2–4 p.m.
Last Tues.	Hardees/West Main: 1-3 p.m. (Bingo)

Wednesdays

3rd Wed.	Hardees/Piney Forest: 1–3 p.m. (Bingo)
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Thursdays

1st Thur.	K-Mart: 9–11 a.m.
2nd Thur.	Piedmont Mall/food court: 7-9 a.m. Heritage Towers: 10-11:30 a.m.
3rd Thur.	K-Mart: 9–11 a.m.
4th Thur.	Piedmont Mall/food court: 7-9 a.m. Heritage Towers: 10-11:30 a.m.

Fridays

3rd Fri.	Danville House: 9–10:30 a.m. Stonewall Rec: 11 a.m.–12:30 p.m.
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Arts & Craft Classes

Please call the center to register for the programs listed below. Payment must be received at least one week prior to the start date of the program or the class or program must be cancelled.

Program	Date	Time	Cost: City/Non-City
55 Alive Class	Sept. 25 & 26	9 a.m.-1 p.m.	\$10
Calligraphy Class	Oct. 5,12,19 & 26	1-2:30 p.m. or 7-8:30 p.m.	\$17.50/\$26.25
Holiday Bow Class	Nov. 2		\$6/\$9
Santa Gourd Painting Class	Nov. 9		\$6/\$9
Winter Wreath Class	Nov. 15		\$6/\$9
Seashell Ornament Class	Nov. 30		\$6/\$9
Bow Making Class	Dec. 7		\$6/\$9
Holiday Door Wreath Class	Dec. 14		\$15/\$21
Learn to Stencil Class	Dec. 28		\$6/\$9

On-going Programs

Class/Program	Day/Date	Time
Primetime Fitness* with Sallie	Thursdays & Fridays	9:30–11 a.m.
Body Sculpting* with Donna	Tuesdays	9:30–11 a.m.
DVD - Real Women - Real Bodies	Mondays (No cost)	9:30–10:30 a.m.
Ballroom Dance Practice	Mondays	5-6:45 p.m.
	Tuesdays	2:30-4 p.m. or 5-8:30 p.m.
Card Club	Tuesdays	6-8 p.m.
Tennis Doubles	Mondays & Thursdays	8-11 a.m.

* Cost: \$2 each class or purchase a punch card for \$20/12 classes

*PrimeTime Fitness

Classes are for adults ages 50 and older and are held as follows:

- Monday and Friday classes feature low impact aerobics combined with stretching and muscle toning using weights.
- Tuesday and Thursday classes will focus on low impact aerobics combined with weight training, muscle toning and stretching exercises!

STONEWALL THERAPEUTIC RECREATION CENTER

119 Bradley Road, Danville, VA 24540 • 434.799.5199 • Office Hours: 9 a.m. – 4 p.m., Monday – Friday

Programs And Classes For People With Mental Retardation

TARGET POPULATION: People with mild to moderate mental retardation.

Social Tuesday**

2nd and 4th Tuesdays, September – October
Varied times. Explore our community while socializing with peers. Each session is an exciting adventure. Activities may include, but are not limited to, art, outings, cooking, holiday activities and more. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Monkeying Around at SRC**

September 18, 12–4 p.m.
Time to monkey around with dough while making homemade monkey bread. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Making Tracks**

September 15, 10a.m.–2 p.m.
Discover the variety of animals living along the Dan River and the tracks they leave behind. Identify animal tracks, cast them, decorate them, and take them home. Bring your lunch and enjoy a picnic in the park with the animals. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate. Participants must be ambulatory and able to maintain balance.

Simple Science**

October 6 and 13, 2–4 p.m.
Investigate the fun of science. Participate in exciting science experiments to boggle your mind. You may even learn something new! **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Fiber Art **

December 3 and 10, 1–3 p.m.
Weaving, felting, and spinning are just a few activities in fiber arts. Come see what creative textiles you can make by hand. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Thanksgiving Twist**

November 22, 10 a.m.–2 p.m.
Tired of Turkey? We will unveil our comedy version of Thanksgiving Dinner with a few Friends. Don't understand? Sign up to find out! **Pre-requisite skills:** Follow one and two-step directions; be independent in activities of daily living.

TARGET POPULATION: People with mild to moderate mental retardation or developmental disabilities.

Beginning Party Planning**

November 20 & 27, December 11 & 18, 1–3 p.m.
This leisure education program allows participants to learn and practice the steps needed in planning parties for small or large groups. Participants will plan one activity to present to parents and a dance to be enjoyed by their peers. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Razzle-Dazzle Holidays**

December 6, 13, and 20 10 a.m.–12 p.m.
Dazzle your friends with handcrafted jewelry for the holidays. Keep your jeweled creations for yourself, or give them as a gift. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Mrs. Claus' Kitchen**

December 1 and 8, 1–3 p.m.
Make Christmas goodies with recipes directly from the North Pole! Cookies, candy and more. Yum!!! **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

TARGET POPULATION:
People with mild to moderate mental retardation, high functioning autism, developmental disabilities.

In Motion

Mondays - September – October, 10–11 a.m.
Let's get fit with some easy and fun exercises, including stretching, dyna-bands, circuit training, Pilates and more. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Creative Crafts**

1st & 3rd Wednesdays in September & October. 10 a.m.–12 p.m. Explore a variety of media in creating unique art projects. You never knew crafts could be so much fun! **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Leisure Education**

December 5 and 21, 1–3 p.m.
Plan, shop and invite a family member for your special holiday brunch. Shopping, cooking, and invitations are just the beginning of the skills to be acquired. Brunch will be prepared and served on December 22. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Holiday Brunch

December 22, 9 a.m.–12 p.m.
This program is exclusively for participants in the leisure education sessions on the 5th and 21st. Participants prepare a hearty and healthy brunch for a special family member to celebrate the season. **Pre-requisite skills:** Attend and participate in Leisure Education sessions December 5 and 21.

Teen Scene**

December 27 - 29, 10 a.m.–2 p.m. Ages 13 – 21
Don't get bored after the holidays. Explore activities and community with your friends. We will go Ice Skating, out to lunch and to the movies. You will also have an opportunity to participate in arts, games and other activities at the center. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

TARGET POPULATION: People with mild to moderate mental retardation, high functioning autism, developmental disabilities, and people recovering from mental illness.

Farewell to Summer - Backyard Fun**

September 1, 10 a.m.–3 p.m.
Participate in a variety of backyard activities to say good-bye to summer. Participants will learn croquet, badminton, volleyball, horseshoes and other simple backyard activities. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Native American Studies**

November 1, 8, and 15, 10 a.m.–12 p.m.
Uncover things you didn't know about Native American Culture through art, dance, and music. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

STONEWALL THERAPEUTIC RECREATION CENTER
119 Bradley Road, Danville, VA 24540 • 434.799.5199 • Office Hours: 9 a.m. – 4 p.m., Monday – Friday

Programs and Classes for People Recovering from Mental Illness

TARGET POPULATION: People recovering from mental illness.

START - Social Training And Recreation Therapy

3rd Tuesdays, Sept.– Dec., 10 a.m.–3 p.m.
This social group is designed for people recovering from mental illness. Enjoy learning new skills, meeting new friends, and discovering new activities for a healthy leisure lifestyle. **Pre-requisite skills:** Ability to follow simple directions, manage own behavior, manage personal belongings, and interact with others appropriately and a desire to participate.

Fun Fitness

September 5 and October 3, 10 a.m.–11 a.m.
Fitness can be fun. Learn new ways to get in shape without the pain. Simple exercises you can do anywhere. **Pre-requisite skills:** Ability to follow simple directions, manage own behavior, manage personal belongings, and interact with others appropriately and a desire to participate.

Leisure for Life

September 13 & October 11, 10 a.m.–12 p.m.
Learn new ways to spend your leisure time. Analyze your current leisure lifestyle and explore new and exciting activities available to you in your own backyard. **Pre-requisite skills:** Ability to follow simple directions, manage own behavior, manage personal belongings, and interact with others appropriately and a desire to participate.

Mrs. Claus' Kitchen II

December 15, 1–3 p.m.
Make Christmas goodies with recipes directly from the North Pole! Cookies, candy and more. Yum!!! **Pre-requisite skills:** Ability to follow simple directions, manage own behavior, manage personal belongings, and interact with others appropriately and a desire to participate.

Native American Studies

November 1, 8, and 15, 10 a.m.–12 p.m.
Uncover things you didn't know about Native American Culture through art, dance, and music. **Pre-requisite skills:** Follow one and two-step directions, be independent in activities of daily living (eating, toileting etc.) manage own behavior with minimal staff intervention, ability to make simple choices, and desire to participate.

Inclusion Statement

The Danville Parks, Recreation & Tourism Department provides opportunities and recreation programs which are open and accessible to all citizens in the city and surrounding areas regardless of sex, religion, socioeconomic status and/or level of physical or mental ability. Persons with disabilities are encouraged to recreate with their peers by taking any class listed in this brochure. Please call Stonewall Therapeutic Recreation Center and we will have an inclusion specialist assist you with reasonable accommodations. Please give at least three weeks notice prior to the class or program start date to make these accommodations. It is our intent to provide a safe, successful and enjoyable experience for all.

If any person with a disability wishes to participate in Therapeutic Programs geared toward specific disabilities, goals, and objectives, these are offered through Stonewall Therapeutic Recreation Center, 434.799.5199.

Program Requirements

All programs are open to citizens with disabilities. Participation in programs is subject to minimum eligibility requirements. These include age, prerequisite skill, safety, behavior, personal care, and medical issues. Each program has specific requirements. Please call the center at 799-5199 at least two weeks prior to the program to register. Registration is limited and will be provided on a first come first served basis.

A detailed explanation of Minimum Eligibility Requirements, Behavior Guidelines, and Rules of Conduct are available upon request.

Transportation

- ** These programs provide transportation to and from the center for a minimal charge.
- Transportation is limited city residents on a first come first served basis.
- One-way - \$1.00 or Round trip \$2.00
- Call the center to reserve your seat!!



Programs and Classes for People with Autism

Target Population: People with moderate to severe autism and their caregivers or parents.

TATERS – Treating Autism Through Education and Recreation Services

September 27, October 25, and November 29, 10 a.m.–12 p.m. This program is designed to assist parents or caregivers in working with their children with autism. Techniques such as floor-time, and tactile stimulation will be discussed and practiced. **Pre-requisite skills:** a parent or caregiver must accompany Participants.

Programs for People with Physical Disabilities

TARGET POPULATION: People with physical disabilities who use wheelchairs.

Wheelchair Basketball

September 29 and October 27, 10 a.m.–12 p.m.
Get together with friends to hoop it up. Individual trophies will be awarded. **Pre-requisite skills:** Ability to interact with others, manage anger, and a desire to participate.

Programs for People with Sensory Impairments

TARGET POPULATION: The legally blind.

Blind Crafters**

2nd and 4th Mondays, 12–2 p.m. Blind Craft Club explores crafts and a variety of art media.

Lighthouse Club**

1st Monday of each Month, 11 a.m.–1 p.m.
Lighthouse hosts speakers and presenters who have interest and helpful information for the visually impaired.

TARGET POPULATION: People who are Deaf or hard of hearing.

Signs of the Times

3rd Monday / September – May, 2–4 p.m.
Socialize with friends while participating in a variety of activities including but not limited to speakers, crafts, cooking and outings.

Special Event

TARGET POPULATION: People with mild to moderate mental retardation, high functioning autism, developmental disabilities, and people recovering from mental illness.

Halloween Party

October 31, 6–9 p.m. Pepsi Building. \$5.00
Join us for a spooktacular celebration. Wear your best costume for the costume contest and dance the night away. Please register by October 15.

Other Programs and Services
Continued on Page 18

Stonewall Therapeutic Recreation Center

CONTINUED

Other Programs and Services

The Crochet Club

TARGET POPULATION: Seniors and Adults with disabilities.

Wednesdays, September-May, 10 a.m.–12 p.m. Anyone who already crochets will be interested in this group.

Sensitivity Training

Is your company or school in need of sensitivity training in reference to working with people with disabilities? Do kids in your organization tease other children who may be "different?" If so contact Karen Riddle or Gail Davis at 799.5199 and let us set up a fun and informative workshop for your children or staff. Goals are to offer outreach and education about working with people with disabilities.

The Virginia Travel Guide for Persons with Disabilities – (Fifth Edition)

Experience Virginia and discover the variety of accessible vacation spots in the state, places to stay, and treats to experience from the Blue Ridge Mountains to the Atlantic Ocean. Each travel guide is free and may be picked up at Stonewall Therapeutic Recreation Center.

Resource Speakers

Civic organizations, churches, and other groups seeking a guest speaker for their monthly program, in reference to the Therapeutic Recreation Center's purpose and activities, may contact Karen Riddle or Gail Davis at 799.5199.

Southern Area Agency on Aging Nutrition Program

Come together at Stonewall Therapeutic Center for fun, fellowship, and an exchange of information. This program is open to senior citizens 60 years of age and over who meet minimal qualifications. Call Fridays from 10 a.m.-12 p.m. and ask for Pearlie Lane to see if you qualify, 799.5199

In-School Recreation Therapy

Stonewall Therapeutic Staff will provide Recreation Therapy in the Danville Public Schools for TMD self-contained classrooms as time permits. Service is limited to pre-school, elementary school and middle school students. If you are interested in scheduling Recreation Therapy for your class, call the center at 799.5199.

Special Olympics Unified Bowling

The Special Olympics Unified bowling is contingent on the Re-Opening of Country Club Lanes. Once the lanes have been reopened, call the center for details.

For more information on Sports & Athletic Programs, contact us at 799.5150.

Coaches Needed

The Sports and Athletics Division is still seeking Coaches for the upcoming season. Coaching Certification is provided for interested coaches.



2006 Danville Soccer Club Fall League

Registration will be begin August 28, 30 and September 1 for children ages 4 to 18 yrs. old. Games will be conducted at Dan Daniel Memorial Park. Danville Soccer Club focus is on Skills Development and Fun! Registration Fee is \$35.00 No Refunds. For more information or questions please email www.danvillesoccer.com or call 797.2081. Proudly sponsored by Danville Parks, Recreation, and Tourism Department.

The 2006 Danville Optimist Youth Flag Football League

Danville Optimist Youth Flag Football League program is designed to develop character and instill sportsmanship, fair-play and teamwork among all teams and individuals; the program provides a non-contact, athletic, co-ed football program for boys and girls ages 5- 10 years old as of September 1. Players will be separated based upon age into two age groups. To register, you must present the following information:

- Birth Certificate
- Completed Registration Form/ Waiver Form With Parent or Guardian Signature
- Non City Resident fee is \$12.50 per child

NFL Pepsi Punt, Pass and Kick

The Sports and Athletics Divisions will host the NFL Pepsi Punt, Pass and Kick on Saturday, September 23 at the Dan Daniel Memorial Park – Football Field 9 a.m. The competition is free and open to boys and girls ages 8- 15 years old.

NFL Pepsi Punt, Pass and Kick is a football competition that allow youngest to showcase their talents in punting, passing and placekicking with score based on distance and accuracy. Age classification is as December 31, 2005. Participants need to provide a birth certificate or hospital records. Entry forms will be provided and available from Danville Parks, Recreation, and Tourism Department, Sports and Athletics Division on 125 Floyd Street, 4th Floor of the City Armory.

2006 Adult Fall Softball League

The Sports and Athletics Divisions is will accepting team rosters for the upcoming Adult Fall Softball Season. Registration will be held until early September for those interested in participating in the Adult Fall Softball League. The Adult Fall Softball League has been limited to 16 Men's and 8 Co-Rec teams. The entry fee is \$210.00 per team.

- A minimum of 10 players must be shown on the official roster before it will be accepted. At no time, however, shall a roster exceed 20 players.



Area Cheerleaders

Watch for more information on an upcoming cheerleading workshop and exhibition that will be conducted in Danville on October 14 by the 2006-07 Virginia Tech Cheerleading Squad. For registration information and more details contact 797.8848.

The 2007 Youth Optimist Basketball League

The Danville Parks, Recreation and Tourism Department will be accepting registration on November 13 thru November 22. This program is for children between the ages of 5–14 yrs. old. Children must participant in their age divisions. Every participants is required to complete a registration/ waiver form which will be available at registration, must be signed by parent or legal guardian and provide proof of age via birth certificate.

2006-2007 Adult Basketball League

The Danville Parks, Recreation, and Tourism Department will be accepting playing rosters for the upcoming Adults Basketball League Monday, November 27 thru Friday, December 1 by 5 p.m. or until the League limit of 32 teams is met. The roster will be accepted on first come, first serve basis. Entry fee is \$235.00 per team; non-city residents must pay an additional \$12.50 in order to be considered eligible for league play.

Dodgeball Leagues

For information on Adult Dodgeball Leagues see Page 10 under Community Recreation Adult Programs, Sport Leagues or call 797.8848.

Morning Basketball Leagues

For information on Adult Morning Basketball Leagues see Page 10 under Community Recreation Adult Programs, Sport Leagues or call 797.8848.

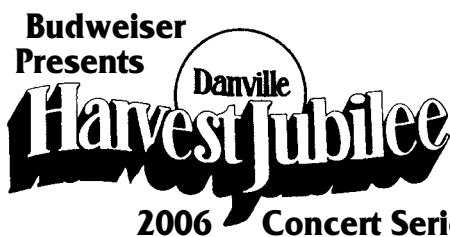
For an updated list of events and happenings in Danville visit the Danville Tourism website: www.visitdanville.com

For brochures or other information about Danville area attractions, events, hotels, and happenings contact the Danville Welcome Center at 434.793.INFO (4636) or drop by at 645 River Park Drive, Danville (off the 29 by-pass across from Dan Daniel Memorial Park).

2006 Fridays at the Crossing Series

• Sept. 1 – “Souled Out” (Danville- Pittsylvania Co. United Way Kick Off Campaign)

Gate open at 6 p.m. - Admission is a low \$3.00. Children are free. Concessions and beverages sold on site. Bring your family, friends and lawn chairs. Held at the Pavilion at the Crossing at the Dan. Brought to you by Danville Harvest Jubilee. For more details call 793.4636. Sponsored by: Budweiser, American National Bank, Nestle, Pepsi & Woodall Auto Mall.



Carrington Pavilion at the Crossing at the Dan, Downtown Historic Warehouse District, Danville

• September 9 – Lou Gramm, (lead singer of Foreigner) and Eddie Money

Lawn chairs welcome on the lawn. No coolers. Concessions and beverages on site. For tickets contact Danville Welcome Center 793.4636 or www.visitdanville.com. Sponsored by: American National Bank, Nestle, Pepsi, Woodall Auto Mall, WBTM and Danville Register & Bee. (Visa/Mastercard accepted.)

Danville Symphony Orchestra

Concerts held at GWHS Auditorium
Admission is Free – Show time is 8 p.m.

• **Fall Classical Concert** - October 21
Featuring: The Three B's (Lynn Gardner, Harpsichord Solois)

• **Christmas Concert** - December 16
It's That Time of Year

For more details contact 797.2666 or www.danvillesymphony.net

Trash and Treasures

Time to clear out treasures from your closets and basement. For only \$5.00 a table you can sell your wares at Coates Recreation Center's Citizen Advisory Council's Indoor Trash and Treasures Sale Saturday, November 11, 7 a.m.–12 p.m. at Coates. You may set up Friday evening from 6–8 p.m. While you are there be sure to pick up some of the Advisory Council's famous Stew. Call Coates, 799.6564 for more information or to reserve your tables.

Stew Sale

Sponsored By Coates Recreation Center's Citizen Advisory Council. Coates Recreation Center, 11 a.m. Saturday, November 11. To be assured of getting the number of quarts desired, you may purchase tickets beforehand from any council member. Stew sells for \$4.00 a quart. Enjoy the Trash To Treasures event while you are at Coates. Please call Coates at 799.6564 for more information.

Pancake Supper & Silent Auction

Sponsored by Coates Recreation Center's Citizen Advisory Council. Come to Coates to enjoy Pancakes, sausage and other breakfast items on Saturday, November 18. We will also have door prizes and silent auction items for your bidding and winning pleasure. The money from this event will help Coates Advisory Council offer programs for Danville's youth. Cost \$6 per person, which includes your meal and one entry for the door prizes. Call Coates at 799.6564 for more information.

Holiday Bazaar at the Danville Community Market

Saturday, November 18, 8 a.m.–3 p.m.

Featuring over 70 vendors, including jewelry, candles, dog treats, dolls, birdhouses, florals, framed pictures, gift baskets, etched glass, wood crafts, angels, afghans, baked goods and more. For more information or to reserve a spot call 797.8961 or email: thecrossing@visitdanville.com.

Christmas Arts, Crafts, and Antique Show & Sale

Friday, December 1, 12–8 p.m. &

Saturday, December 2, 9 a.m.–6 p.m.

Held at the Institute for Advanced Learning & Research. Co-sponsored by: Danville Parks, Recreation & Tourism and The Institute. Entry \$50 per 8x8 space/table. Tables are limited. Lot of opportunities to do some gift shopping and lots of ideas on decorating, entertaining & preparing for the Holidays. Call 797.8848 for more details or to reserve a space.

Lunch With Santa

On Saturday, Dec. 9, from 10 a.m.–12 p.m., at the Coates Recreation Center, come have lunch with Ole Saint Nick. Ages 3-8. Limited to first 75 children who sign up AND pay. Fee is \$5.00. Includes lunch, crafts, games and prizes. To register, call 797.8848 or 799.6564.

Santa Calling

Register your child to receive a call from Santa all the way from his workshop at the North Pole. Santa will be making calls to children ages 3-8 years old on Tuesday, December 19, between the hours of 5:30-8:30 p.m. As an extra-added feature, One Step Cellular, will help us make long distance calls. So if you have a grandchild or niece or nephew that does not live in our calling area, let Santa give them a call. Watch for more details to be sent home with your child from local schools and pre-schools. Deadline to register is Monday, December 18 by 12 p.m. For more details, call 799.5200.



Crossing at the Dan, 629 Craghead St. • Presented by Coca-Cola

Saturday, September 23

- Operating N-scale model railroads courtesy of Richmond, Lynchburg, Raleigh and South Hampton Roads N-scale modelers (Pepsi Building 10 a.m.-5 p.m.)
- Vendors at Community Market (8 a.m.–6 p.m.)
- Tour the Danville Science Center, Butterfly Garden, Train Station, Norfolk & Western caboose (10 a.m.-5 p.m.)
- Golden Spike Bike Show, Carrington Pavilion (1–4 p.m.)
- Tours Danville Museum of Fine Arts & History (Old 97 items) 10 a.m.-5 p.m.
- Tours Langhorne House, birthplace of Lady Astor & the Gibson Girl (10 a.m.-5 p.m.)
- Tours AAF Tank Museum, see Radio Control tank battle (10 a.m.-5 p.m.)
- Tours of the Old 97 Wreck Site - available on a first come first serve basis to trip pass holders – tours start at 10:30 and run on the half hour with the last tour departing at 3:30. Choose a

time when you purchase your Danville Trip Pass *

- Concert at the Pavilion featuring “Natural Ingredients.” Gates open at 6 p.m.

Sunday, September 24

- Operating N-scale model railroads (Pepsi Building 11 a.m.-2 p.m.)
- Tours - DSC, Butterfly Garden, Train Station, N&W caboose (1-5 p.m.)
- Tours DMFAH (Old 97 items) 2-5 p.m.

Danville Trip Pass (for Saturday and Sunday activities) Adults \$10; Children \$7 (Includes shuttle bus transportation between the museums (Sat only), or you can drive your own car) This is the only time during each year that the Old 97 wreck site is available for viewing, must hold a Danville Trip Pass. During this weekend we celebrate rail travel as well as other modes of transportation. For more details call the Danville Welcome Center, 793.4636